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The National Culinary Review™

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By Michael Ty, CEC, AAC

California DREAMIN'

There is still time to make plans to attend the 2010 ACF National Convention at the Anaheim Marriott in Anaheim, Calif., Aug. 2-5. Register online at www.acfchefs.org by midnight July 11, or register on-site at the convention.

We kick off the convention July 31 with Chef Outreach to the Community, a Chef & Child service day. ACF volunteers will make a difference by teaching nutrition to low-income families at Hermosa Village. The event begins at 9 a.m. with breakfast. Participants will be bused to Hermosa Village, where we plan to conduct nutrition activities geared toward kids for approximately 100 community residents. To participate, register by July 15 at www.acfchefs.org or with Michelle Whitfield at (904) 484-0202.

ACF members have always been involved with ensuring that children get good nutrition and that their parents receive information about healthy lifestyles for families. Our involvement with the Chefs Move to Schools program is taking that involvement a step further. We can all be proud of the 60 ACF members who were among the 600-plus chefs at the White House June 4 to kick off the latest initiative in Michelle Obama's Let's Move! campaign to end childhood obesity. Those ACF members will be paired with schools in their communities, and work with schools staffs and parents to help educate students about food and nutrition. With a pilot launch of the program over the summer, and volunteers beginning to work in schools in the fall, ACF members will be among those helping to take the Chefs Move to Schools initiative across the U.S.

During my acceptance speech as your new national president last year, I promised to resurrect the ACF National Championship that was started in 1992 and continued until 1995. The guidelines set by past ACF national president Keith Keogh, CEC, AAC, stated that the national president would designate a competition for members that would bring recognition to an area of the culinary arts that the president deemed worthy. In 1994, in my first term as national president, I chose a culinary competition that would put the spotlight on chefs who had not previously been active in competition. I paired ACF with one of our sister organizations, the American School Food Service Association, to place two individuals in competition who were working to promote healthy lunches in school foodservice.

Chefs from ACF Syracuse New York Chapter met with Michael Ty at a combined chapter meeting hosted by ACF Professional Chefs/Cooks Association of Rochester in May. Left to right: John Melnyczuk, CCC, and Brian Shore, CEC, board of directors; Mary Ann Kiernan, CCC, vice president; Ty; Christopher Cesta, CEC, treasurer; and Gerald "Jerry" Bolton, president.

This year, the ACF National Championship will feature the Freedom Chef Challenge. This was not my idea, but, in fact, was the brainchild of David Prows, CEC, AAC, who first brought the competition to the 2008 Western Regional Conference in Salt Lake City to promote our military chefs. I've always felt that military chefs deserve more recognition in the culinary profession, and this is why I decided, early in my campaign, that, if elected, I would have the Freedom Chef Challenge at our national convention. I urge everyone who is attending to support this competition with their presence. Some of the men and women who place their lives at risk for the safety of our country are also fine chefs, and we should gather together on Tuesday afternoon at the Anaheim Convention Center to cheer them on. As I look toward next year, I hope the ACF National Championship will support another segment of our industry that makes a difference.

Our final day of this year's convention, Thursday, is jampacked, and we need all of you there. At 7 a.m., there is a sit-down breakfast. It is imperative that we are seated promptly, because this will also be the venue for our General Session. Then, we gather for the Chef Professionalism Lunch and meet the four regional finalists for this prestigious award. Finally, the *pièce de résistance* is the President's Grand Ball, where our competition winners will be announced and receive their awards.

What to wear in Anaheim in August, where it's likely to be hot and humid? A chef jacket and dark pants or business-casual attire is requested for most events. For the evening events, casual attire is recommended, except for the AAC Dinner and President's Grand Ball, at which black tie is requested but business attire is acceptable. Additionally, please respect the hotel's culinary staff when going to bars and lounges by not wearing your chef jacket.

I look forward to seeing many of you in Anaheim for the national convention.

And from your board of directors, please have a safe and happy summer.

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WISCONSIN CHEESE NAMES CHEF AMBASSADORS

Eleven chefs were named to the Wisconsin Cheese Chef Ambassador program in May. They began their service with a cheese "immersion tour" of Wisconsin that included visits to seven cheesemakers. Sponsored by the Wisconsin Milk Marketing Board (WMMB), the program connects Wisconsin cheese and the state's legendary cheesemakers with the best chefs in the country. The program, now in its seventh year, includes 46 distinguished chefs. This year it boasts its largest class—a diverse group of chefs ranging from culinary instructors to fine-dining executive chefs. The new ambassadors will cook with Wisconsin cheese and develop innovative menu applications, some of which will be featured in their restaurants. For more information, visit EatWisconsinCheese.com.

New Wisconsin Cheese Chef Ambassadors are, (front row, l. to r.): **Benjamin Ford,** Ford's Filling Station, Culver City, Calif.; **Adam Siegel,** Bartolotta's Lake Park Bistro and Bacchus, Milwaukee; **Julian Alonzo,** Brasserie 8½, New York; **Dean Maupin,** Clifton Inn, Charlottesville, Va.; (middle row, l. to r.) **Bart Black,** Redstone Golf Club, Humble, Texas; **Jorge de la Torre,** Johnson & Wales University, Denver; **Judy Gilliard,** host of the "Judy a la carte" show and author, Lincoln, Neb.; **Scott Anderson,** Shepherd University, Shepherdstown, W.Va.; (back row, l. to r.) **Eric Wadlund,** Spencer's Restaurant, Palm Springs, Calif.; **Brandt Evans,** Blue Canyon Kitchen & Tavern, Twinsburg, Ohio, Rockwall, Texas, Missoula and Kalispell, Mont.; **Tim Tesch,** Lund Food Holdings, Inc., Minneapolis.

SNACKING AT RESTAURANTS LATEST TREND

Recent research from Mintel Menu Insights found that snacking is the new way to order at restaurants. Menu items that contain the descriptors "snack," "snackable" or "snacker" have increased by 170% since 2007, and growth is expected to carry on as restaurants continue to explore this new trend.

Consumers are more likely to visit restaurants in the early and late afternoon for snacks, the 3-6 p.m. time slot being most popular with 37% of Mintel's respondents. Spending, however, peaks in the early evening. While only 19% of respondents purchased snacks from a restaurant between 6 p.m. and 8 p.m., the average amount spent was $4.26 per person versus $3.79 across all other time periods.

The majority of snackers (64%) look for a beverage when snacking, whereas 61% opt for something portable. Meanwhile, a little more than half (52%) crave an indulgent snack, and 50% want something salty to nibble on. Only 32% of snackers choose a healthy option, which counteracts the health-conscious trend that is being seen in the restaurant industry.

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DELGADO COMMUNITY COLLEGE OFFERS NEW DEGREE

Delgado Community College
Pastry Arts

Delgado Community College, New Orleans, is now offering a pastry arts associate of applied science degree in the culinary arts and hospitality department. Dr. Mary Bartholomew, CCE, is the program director, and assistant professor Jon Petrie, CEPC, is the lead instructor of the pastry program. Students will learn basic and advanced baking, traditional and contemporary desserts, artisan breads, and chocolate and sugar showpiece designs. For more information, call (504) 671-6199 or visit www.dcc.edu.

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Insider
GERARD CRAFT

Executive Chef/Owner
niche, Taste by niche and
Brasserie by niche
St. Louis

Talk about "bistronomy," and why you chose that concept for niche.

Bistronomy is the idea of crossing haute cuisine and a casual bistro. At niche we are serving complex and interesting food while making it approachable and affordable for everyone.

What kind of food will diners enjoy?

Currently on our menu you will find warm baby carrots braised in orange juice and cumin, served with pea shoots, candied bacon and vanilla oil. Or, pasture-raised flat iron with wild green, potato purée, morels, bone marrow and verjus.

Why did you open Taste by niche?

We had a little bake shop next door to niche that didn't pan out. The place is only 300 square feet, so you can't put just anything there. I really enjoy great cocktails, but so often, bars are too loud and crowded or the food is horrible, so I figured a cocktail bar was perfect for that little space. We were definitely inspired by a lot of the incredible cocktail bars popping up around the country, and when Ted Kilgore, our local mixologist, approached us about being involved, we knew it would work.

Talk about working with area farmers.

The Midwest is great, because essentially, it is one monster farm. Since I moved here, I have formed so many great relationships with farmers, and they have been instrumental in niche's success.

What do local ingredients bring to your menus?

They are so fresh. It's always amazing to get a bunch of carrots that were pulled that morning.

What's on your mind when you're cooking in the kitchen?

My mind is moving at a million miles an hour, so part of the job is to slow it down. Keeping a dish simple is hard to do, but that is my focus. I like a dish to really represent what an individual ingredient can taste like.

You are successful at a young age. To what do you owe that success?

Maybe part of the success is never thinking I am successful, so, therefore, I'm constantly striving to be successful. The second you let up and pat yourself on the back, you are irrelevant. I have incredible people working with me, and every day we try to push ourselves to become a better group.

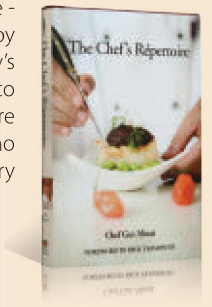
continued on page 10

What's in the name of a dish?

Seared scallops with a ginger-sake reduction
is descriptive.

Beef Wellington with béarnaise sauce
is not.

Culinary professionals enjoy creating unexpected flavor combinations but are not masters at naming dishes. Carême and Escoffier named a lot of dishes and over time, global cuisines, regional classics, and celebrity chefs increased the list of nondescriptive-named dishes by thousands. Today's chefs are expected to know how to prepare them all. Yet, who can remember every single one?



The Chef's Répertoire, by Chef Gui Alinat, briefly describes the classic dishes featured on American menus. Included are only the dishes with names that do not necessarily describe their ingredients, making the dishes harder to remember. This practical reference allows you to quickly look up these nondescriptive dishes on the fly.

Entries are listed alphabetically within each category, many with a pronunciation guide or country of origin in addition to the brief recipe description. Every practicing chef, culinary student, and chef educator will want to own this user-friendly book of recipe reminders.

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Insider *continued from page 9*

What advice do you have for young people coming into the industry?

When I first started cooking, I was a little cocky, but once I started working with great people, that quickly vanished. Be humble, and work harder than the guy next to you.

What gives you pleasure on the job every day?

I love solving problems, and in the restaurant industry, there is never a shortage of problems.

WHAT'S IN YOUR PANTRY?

Fresh Gourmet and The Idaho Potato Commission have teamed up to co-sponsor the "What's In Your Pantry" foodservice recipe contest. From July 1, 2010, through Sept. 30, 2010, foodservice operators and culinary students can submit recipes using fresh, frozen or dry Idaho potatoes, ½ ounce of Fresh Gourmet Crunchy Toppings and anything they have in their pantries to win prizes. The top three recipes from each potato category will receive $150, and the best recipe overall will win an HD television valued at $2,500.

For a complete list of qualifying Fresh Gourmet and Idaho Potato products and full contest rules, visit www.idahopotato.com/whatsinyourpantry or the company websites, www.sugarfoods.com, www.idahopotato.com.

DISCOVER DUCK

Maple Leaf Farms is calling for entries for the 2010 Discover Duck™ Chef Recipe Contest now through Sept. 10. Professional chefs (chef, sous chef or lead line cook in a restaurant or noncommercial foodservice establishment) and students currently enrolled at professional culinary schools will create up to three original recipes that showcase duck in an appetizer, soup, salad or entrée. Recipes must include a Maple Leaf Farms duck product. Grand-prize-winning recipe will receive $5,000, second place $3,000 and third place $1,500. Contest is open to U.S. residents, 18 years old or older. Contest rules and entry details are available at www.mapleleaffarms.com/chefcontest/.

BLOGGERS, ENTER TO WIN A TRIP TO NEW ZEALAND

Bloggers are invited to enter Zespri's Kiwi A-Go-Go Bloggers' Contest now through Oct. 31. One grand-prize package of a trip for four to New Zealand, valued at $10,000, will be awarded. Each month, a semifinalist will be chosen, and six semifinalists will advance to the final contest. The winner will be announced in November. To enter, contestants must blog about the benefits of the nutritious kiwifruit or why New Zealand's Bay of Plenty is appropriately named, using text, videos or photos. For official rules and to enter, visit www.zesprikiwi.com/kiwiagogo.

CHEFS JOIN TO PROMOTE MAINE LOBSTER

The Maine Lobster Council (MLC) recently launched its Chef Ambassador Program, designed to help raise the profile of Maine lobster nationwide. MLC will sponsor leading chefs at top culinary, sustainability and fundraising events by providing them with Maine lobster and promotional materials. Chef ambassadors are: Wilfred Beriau, CEC, CCE, AAC, department chair, culinary arts, Southern Maine Community College, South Portland, Maine; Stephen Corry, chef, five fifty-five, Portland, Maine; Rob Evans, chef/owner, Hugo's, Portland; Clark Frasier and Mark Gaier, chefs/owners, Arrows Restaurant, Ogunquit, Maine; and Tracy O'Grady, chef, Willow Restaurant, Arlington, Va.

Clark Frasier, left, and Mark Gaier are two of the six members of the newly formed Maine Lobster Council Chef Ambassador program.

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SEEKING *your* ROAD *to* Success?

Consider a coach as guide.

By Ginny Marcin

IS there a speed bump on your career highway? Maybe you're happy in the kitchen but can't find the stairs to better pay or more respect. Maybe you'd like to trade your sauté pan for a byline as a food writer or photographer. Or maybe you've moved up to management, and wish your people skills were as strong as your pastry know-how.

In kitchens, food markets, multiunit restaurants and more, some food professionals say they've eased over career speed bumps with the help of a paid career coach. Why pay a coach instead of relying on friends, family and co-workers for advice? Coaches and the people who've used them point to objectivity, for one thing.

"A coach is your objective collaborative partner, who helps you achieve whatever your goals are," says Kay Cannon, a master-certified coach and past president of the Lexington, Ky.-based International Coach Federation (ICF). In addition, Cannon says, professional coaches are trained to help you see opportunities, alternatives and options—things you might not have envisioned. And when it comes to goals, she says, a coach is an expert in helping a client get from point A to point B.

LEARNING TO LEAD

In Columbus, Ohio, Brian Hinshaw signed on with a coach about three years ago to help him grow into a challenging new role. He was at the top of his kitchen game as executive chef of a single-unit restaurant for Cameron Mitchell Restaurants, a $70 million multiunit restaurant group in Columbus, when the company spotted his ability with people and promoted him to regional chef. About a year into the role, and in charge of six restaurants, Hinshaw's confidence deflated like a hot soufflé exposed to a draft.

"Coming into this role, I was a chef—I had a knife in my hand," says Hinshaw. Instead

> Those who work with career coaches experience a positive impact on their self-esteem/self-confidence, relationships, communication skills, work performance and life balance, according to a 2009 study.

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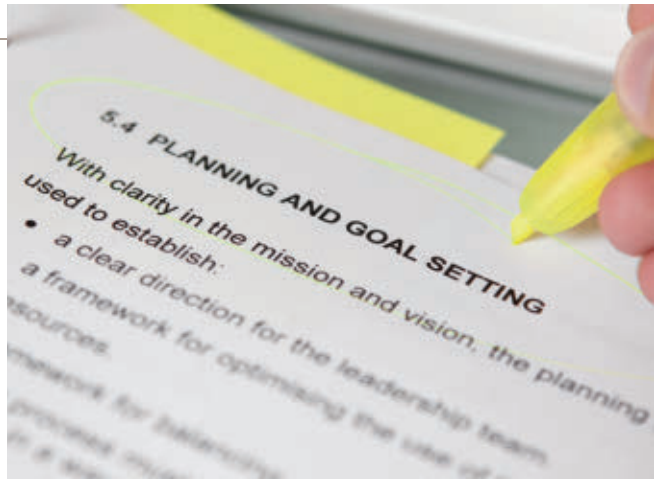
5.4 PLANNING AND GOAL SETTING
With clarity in the mission and vision, the planning
used to establish:
• a clear direction for the leadership team
a framework for optimizing the use of

of boning fish and creating specials, his new job was to oversee everything that goes into the success of restaurants, from the chefs and the general managers to the culture, the food quality, marketing and financial results.

"I didn't even have a cell phone until I was promoted to regional," says Hinshaw. He could see he was going to need some new skills.

When his company offered the services of a professional coach, Hinshaw jumped at the chance. The coach was an expert in people and management—different skills from those of his culinary mentors. He met with her, usually at a coffee shop, once a month for about a year and a quarter. "You could talk about anything—an hourly associate, how to deal with the executive team, how to use all the capabilities of the organization," he says.

Outside meeting times, his coach e-mailed informative articles and suggested books he should read. Among other things, she encouraged new ways of thinking and dealing with people. For example, Hinshaw says, if restaurant cleanliness was the problem, he might first be inclined to just say, "Pick up a broom, and clean this up." His coach showed him ways to get his people involved in solving their problems. She might say, "Why not ask the chef/GM, 'Why is this kitchen always dirty?'" He worked on listening, and helping people to buy into what was expected.

Today, as a vice president, operating partner and executive corporate chef in his organization, Hinshaw is in charge of some 1,900 associates (employees) at 29 locations. Feedback tells him he's become a better listener. And employee opinion surveys rate him high, as approachable, professional and knowledgeable in his area.

Individualized guidance isn't just for people with extensive culinary knowledge. Career coaches say they've worked with culinary clients of many different ages and career stages.

According to a 2009 ICF Global Coaching Client Study conducted by PricewaterhouseCoopers and Association Resource Centre Inc., more than 80% of coach clients who responded experienced a positive impact in their goals, including self-esteem/self-confidence, relationships, communication skills, work performance and life balance. The study says that clients who achieved a financial benefit from coaching saw an average return on investment of 3.44 times what they spent.

CLIMBING THE LADDER

Cathy Cochran-Lewis recently became a partner at Crave Communications, a boutique culinary PR firm in Austin, Texas. Before that, she'd been handling Whole Foods Market's interaction with the media worldwide, as a global public relations coordinator.

> Coaches work to help clients achieve their goals. That might entail helping a client to consider alternatives and options, as well as encouraging new ways of thinking about an issue.

Flash back about 12 years. At that point, Cochran-Lewis had just set aside a decade as a journalist and freelance writer, deciding to take the leap toward her food passion. At 36 years old, she started on the bottom rung, handling food demonstrations and working with cooking classes at Central Market in Austin. She flagged a career coach and worked with her three times a month for about six months. The sessions, mostly by phone, lasted a half hour each.

Cochran-Lewis says her coach always reminded her of her long-term goals. "She would work with me on short-term solutions, but she was always keeping an eye on the prize." The target: making a difference for her company, getting increased responsibility and earning a better salary. She says the coach's honest feedback, plus lots of role-playing, helped her learn to express herself in a professional way.

In the short term, Cochran-Lewis moved up in her company. Within a year and a half of the coaching experience, she'd doubled her salary. And by the third year, she says, she was making three times as much as her original salary. She became manager of the company's cooking schools, then moved into PR and marketing.

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She says coaching helped her develop confidence and set the stage for future success. She reports that she still consults with a coach from time to time.

AVOIDING CAREER PITFALLS

In Raleigh, N.C., Fred Thompson had about six years of food-styling work under his belt when he felt the pull of food writing. At the time, he was 40 years old, building his food career after 15 years in marketing with corporations. Always someone who loved to cook, he could see the logic of combining all the food activities he's good at. But whatever tack he might take, he needed to make sure it would pay the bills.

When Thompson landed an opportunity to write a biweekly food column, he was enthused but wanted to avoid missteps. "With the freelance market the way it is now, you're only going to get one shot, so you'd better know you can handle the shot," he says. He engaged a coach who's seasoned in culinary knowledge and food writing.

Thompson's monthly coaching arrangement allowed for two one-hour phone calls plus unlimited e-mails. During the coaching sessions, he explored specific editing issues, the writing profession and how to develop a unique "voice." But the seven months of coaching also helped him think about making the food world work for him financially, he says.

Since then, Thompson has become publisher of a regional food magazine and captured several book contracts. Last year, he wrote a major feature, "Star Spangled 4th of July Menu," for *Bon Appétit*. He credits coaching as important to his success.

MAKING PARTNERSHIPS WORK

Before Sondra Bernstein became CEO/proprietor of the girl & the fig in Sonoma, Calif., she had worked as a server and bartender, traveled to help open new restaurants for a multiunit company and studied restaurant management in culinary school. But 13 years ago, when she bought her restaurant and became her own boss, you might say the oil began to spatter.

Bernstein had had lots of bosses and had supervised people before. But this was her first experience as the top person, in charge of the whole business.

"In the restaurant business, you learn how to cook, order, hire staff, run accounting programs," Bernstein says. "There was no class in restaurant school that said how to get along with your co-workers or bring out the best in managers."

Bernstein took on a colleague—someone who had worked for her for several years—as manager/server/cook. John Toulze, today Bernstein's partner, recalls that as the business evolved, friction sometimes emerged over business decisions. It seemed hard for the two to find resolutions for the discussions they were having, he says. Sometimes, conversations got heated and took on a personal tone.

So, about two years ago, the two began a year-and-a-half stretch of meeting with a coach periodically. Each time, the coach met with Bernstein privately, then with Toulze, then with them both together.

Today, says Bernstein, things are 90% better, and when there are issues, it's easier to work on them.

"I don't think our relationship has ever been better," says Toulze. "The conversations we have now are productive, they make sense and they are enjoyable."

Professional coaches say relationships are often part of the focus with clients.

Pat Botic, a Columbus, Ohio, business consultant who has coached employees within expanding organizations, spells out the difference between coaching and therapy. "Therapy has to do with personal relationships—how the person feels about himself or herself," she explains. "It gets into insecurities and life experiences." Business coaching focuses on being more effective in performing your job. "It has to do with skill sets, connections, how to make contact and make sure someone is listening."

Kristen Armstrong, a Sonoma, Calif., coach who's trained as a clinical psychologist, says when she has coached chefs, often the focus is helping to build a team. For instance, chefs who have fabulous culinary skills may need to learn how to give performance reviews that help up-and-coming line cooks and sous chefs know what they need to do to move up. And front-of-the-house managers might need to learn how to work smoothly with the back-of-the-house.

Dealing with interpersonal issues, coaches don't just rely on gut feeling and intuition about a client. They can use standardized personality tests and other assessment

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A COACH WHO KNOWS CULINARY

Allegra

It's not required for a professional career coach to work in his or her client's industry, or even to have experience in it. But professional coach Antonia Allegra, St. Helena, Calif., loves having that inside track on her clients' work challenges. With personal experience in both the food world and in writing/publishing, Allegra works mainly with clients interested in culinary careers, including food writing and publishing.

She has guided some 1,500 clients over the past 12 years as they navigated career dreams, confronted dilemmas and pursued greater work satisfaction.

"It's just a normal part of life to want to know what's going on with someone else and to really listen," Allegra says of her coaching perspective.

As a young woman, she always loved cooking, but planned to go into early childhood development and theater. Then her husband's career sparked a move to France. When she entered a culinary program there, earlier goals evaporated like a cold droplet on a hot griddle. Allegra attended LaVarenne, L'Ecole Lenôtre and Le Cordon Bleu. When she returned to the U.S., she put her enhanced culinary knowledge to work.

In the years that followed, she became food editor of the *The San Diego Tribune*; wrote several wine guides; founded two award-winning publications; directed her own culinary school; was on the launch team for The Culinary Institute of America at Greystone, St. Helena, Calif., and more. She is director of the prestigious Greenbrier symposium for professional food writers.

Maybe just as useful as her background in two industries is her own experience in career happiness. "Everything I do, I love. I will not take on something that is not interesting", she says.

To help clients discover their own routes to happiness, Allegra poses a question early on in the relationship. She asks the client to list the top 10 directions he or she might like to go in, in the next five years.

"It could be dog sledding, tree trimming, anything," Allegra says. She considers the client's answers an important ingredient in the process. "Oftentimes, that's where people start to see other extensions of what they want to do."

Allegra trained as a professional coach through Coach University, an offshoot of the International Coach Federation, a Lexington, Ky.-based worldwide resource for professional coaches. "It took two and a half years," she says, recalling weekly classes over the phone, plus exams.

She feels the culinary world deserves coaches who understand it. So she joined with colleagues Merrilee Olson and Debi Benedetti in founding the C4 Collaborative, Santa Rosa, Calif., a coaching group dedicated to the culinary and hospitality trade.

Allegra also views coaching as another direction that culinary people might branch out into. "Perhaps there are people out there who understand what the coach spark is," she says, emphasizing the serious effort it involves.

For anyone who's interested in taking on the role, she offers simple encouragement. "Call me," she says.

tools for giving a client a better view of himself or herself. Some coaches even specialize in those assessments.

Armstrong uses such tests to supplement information she gets in interviews with the client, his or her colleagues and supervisors.

Coaches and clients agree that coaching may not be the answer for everyone. But if you do decide to look for a coach, experts say, keep this in mind: Coaching is not a regulated profession—anyone can call himself or herself a coach. So it's important to ask about credentials, background and experience.

At the International Coach Federation, Cannon advises looking for three things: A coach should be trained specifically for coaching, have an actual credential to prove that and subscribe to a code of ethics. "Be really clear what you'll be paying for, what you can expect from the coach and how often you'll meet," she says. And, she warns, be sure to have some kind of written contract, even if it's just a simple letter of agreement.

Many coaches offer a free introductory meeting for prospective clients. One way to explore the topic more is through Web referral listings of professional coach organizations such as the ICF and Santa Rosa, Calif.-based C4 Collaborative.

Ginny Marcin has been writing about the food industry and food people for more than 20 years. She lives in Westmont, N.J.

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OUT *to* Pasture

The demand and market for pastured, humanely raised veal means a tastier product on plates.

By Jan Greenberg

THE numbers speak for themselves. According to the U.S. Department of Agriculture, in 1944, Americans ate an average of 8.6 pounds of veal per person. By 2004 (the latest year for which data is available), consumption had fallen to less than a half-pound. As writer Marian Burros pointed out in a 2007 article in *The New York Times*: "The most successful animal-rights boycott in the United States started more than 20 years ago and had nothing to do with foie gras."

It began in the late 1980s, when veal calves became a prime symbol of animal abuse. Animal-rights activists circulated pictures of young calves tethered in stalls so small they couldn't turn around and were often unable to lie down. Suddenly, highly touted white veal, so tender it could often be cut with a fork, became anathema to many, eschewed by consumers and causing many restaurants to remove it from their menus.

WHITE VEAL PRIMER

Commercial veal may rightly be called a byproduct of the dairy industry. To keep producing milk, cows must produce calves, usually yearly. That's a lot of calves—more females than are needed to replace retiring dairy cows, and basically useless males. The males are sold for pet food, sent to slaughterhouses almost immediately after birth, and sold as "bob" veal or sent to veal producers.

The use of containers and tethers began in Holland after World War II as a way to add some value to the male calves and use up the excess whey generated by the dairy industry. This was the origin of white veal, which, when adopted by American veal producers, became the basis for the American veal industry. The meat, subject, for a while, at least, of a highly successful

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marketing campaign, was the product of confined calves fed an iron-deficient and low-fiber milk replacer laced with just enough antibiotics to keep the anemic animal alive until slaughter.

Happily for all, from calf to consumer, things are changing, although for many, too slowly. Increasing numbers of farmers are raising what are called nature-raised, or free-raised, veal, animals born on pasture and raised in pasture with unlimited access to their mother's milk. Others have gotten rid of the crates but still keep calves in barns, feeding them milk replacer but allowing them to socialize and move freely. When the calves' rumens begin to develop and they need to chew, the animals receive enough grain for their biological needs (which, in the process, reduces the stress on the animals).

In some nations, crates are a thing of the past. The U.K. prohibited veal crates in 1990, and the entire EU phased them out in 2007. Here in the U.S., the American Veal Association, based in Meshoppen, Pa., passed a resolution in May 2007 recommending that all veal producers change production methods and abolish crates by 2017. As of now, it is estimated that about 35% of the veal marketed in the United States is pastured or group-raised. Although the American Veal Association points out that calves still in crates can stand, stretch, lie down and groom themselves, the fact that they cannot turn around is not addressed.

Consumers and chefs concerned with humane animal treatment are driving what is a growing demand and market for pastured and humanely raised veal. But sometimes lost in the discussion of veal production is taste. Lori Dunn is executive director of the pasture-raised program for Strauss Brands, Inc., a Franklin, Wis., family owned business founded in the 1930s that produces veal made from pasture-raised calves or those group-raised in a barn with six to eight other calves. It is the only packer in the U.S. that is 100% confinement-free, and sells to restaurant and foodservice distributors throughout the nation and to consumers through Whole Foods Market.

"Until recently," Dunn says, "chefs in the United States were trained to look for white veal—the whiter, the better—and the flavor was bland. But that's not how a healthy animal should be. Free and group-raised veal will be pink, with a fuller, richer flavor. We are finding that younger chefs are not asking for white veal but instead asking for advice on where they can get natural-colored, tastier veal."

THE "NEW" VEAL

As with most livestock these days, chefs face an array of decisions in purchasing veal. Some, like Bill Telepan, chef/owner of Telepan, New York, wait for a single producer, Duane Merrill, Walton, N.Y., to call and say that he has a veal. Merrill's veal is so popular that Telepan now tweets on Twitter and announces on Facebook that "pastured veal is in the house."

"It tastes something very much like a mild beef," says Telepan. "And if it is on the menu, it sells."

In San Francisco, Chris Kronner took over the kitchen of Bar Tartine in October 2009. Named by the *San Francisco Chronicle* as one of its 2007 Rising Star Chefs, Kronner was the youngest ever to receive the designation. He is among the new breed of chefs, and spends his free days roasting a whole goat for friends in a Sonoma County field. With few exceptions (veal being one), Kronner does not serve protein raised outside California. Most of the Tartine veal is from Paolo Shere's 8IT Ranch in Laytonville, Calif., but on occasion, Kronner sources from Eugene, Ore.'s, Knee Deep Cattle Co.

"This is definitely not a white veal," he says. "It's a deep rose color, and sells very well. Our customers know that we are particular, and any questions are usually more about flavor and texture than any concern that we are serving veal."

Strauss Brands

Veal from Strauss Brands, Inc. is used in this osso buco with a saffron risotto cake at a dinner at Bacchus that paid tribute to free-raised veal.

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Kronner uses the whole animal, and preparations have included air-dried loin "bresaola," breaded pan-fried leg cutlets served with spicy brown butter, lemon and rocket, roasted loin chops with celeriac mash and grilled treviso, and a braised shoulder with hand-cut egg noodles.

At the Milwaukee restaurants Bacchus and Bartolotta's Lake Park Bistro, where he is executive chef, Adam Siegel, the 2008 James Beard winner of Best Chef: Midwest, has free-raised veal from Strauss Brands, Inc. on his daily menus. "I used the group-raised before I was able to get free-raised. It isn't quite as dark as the free-raised, but it is still a lot more flavorful than what we used to get. Having veal on the menu actually works well here, as this is real beef country and people want more flavor on their plate. And I notice that when customers see free-raised on the menu, they get it. They want meat that is raised humanely. And as far as cost goes, it doesn't cost any more. If anything, we have been spending a bit less for better veal."

Strauss Brands

This veal burger with Merkts cheddar cheese was the second course of the free-raised veal dinner prepared by Adam Siegel at Bacchus.

Siegel recently prepared a free-raised veal dinner that included hors d'oeuvre of veal hangar steak brochettes, veal burgers and veal carpaccio. Main dishes included veal dumplings with mushroom broth, scallions and sesame oil; veal agnolotti with arugula pesto and preserved tomatoes; a salad of veal dolmades; osso buco with a saffron risotto cake; veal schnitzel with braised red cabbage; and a filet mignon "au poivre" with a potato mousseline and a cognac/green-peppercorn sauce.

HUMANELY RAISED

In the Boston suburb of Newton, Mass., Michael Leviton is chef/owner of Lumière, a sustainably focused restaurant for which he was designated "Best New Chef in America" by *Food & Wine* in 2000 and named to *Saveur's* Top 100 in 2002. He serves as a director on the Chefs Collaborative Board of Overseers, and is among the nation's go-to chefs for an understanding of the all-too-frequently complex issues involved in sustainable and socially responsible food purchasing, sourcing and restaurant operations. To put it simply: Purchasing veal for a restaurant that endeavors to be local, sustainable and responsible is not always easy.

The Lumière menu changes daily, and Leviton often features veal from a Vermont cooperative that raises veal on pasture. "We are able to source a decent amount of locally raised pastured veal," he says. "Often, standardization can be an issue when dealing with local producers. In the beginning, for instance, we might get a veal that yielded a nine-ounce chop and another, a 14-ounce. I had to price them differently, which, of course, sometimes got confusing for my regular customers. But over time, we worked it out, and now I not only know where my veal is coming from and how it has been raised, but also what size and weight I will get."

When veal is not available through the Vermont supplier, Leviton orders from D'Artagnan, a Newark, N.J.-based specialty food purveyor. Its "humanely raised" veal is sourced through a cooperative in upstate New York, and is group-raised. The D'Artagnan veal goes to market at 18 weeks, before the rumen is developed, so, theoretically, they do not need supplemental grain. But according to D'Artagnan, the young calves are given a "three-ounce barley cookie, almost like a pacifier, so that they have something to chew on."

However, points out Leviton, as "group-raised" veal becomes more widespread, it is important for chefs and consumers to be aware that group-raised, under some circumstances, could potentially turn into a veal feedlot. "You must do some homework when you are purchasing group-raised. You want to know your supplier, its reputation, who is raising the veal and how they are housing and feeding the calves."

Leviton purchases whole animals. "We take off the fore and hind legs. The legs are then "seamed out," boned, and broken down into individual muscles for either braising (tough muscles) or pan-roasting (tender muscles). The neck is also boned out and used for

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Filet mignon "au poivre," with potato mousseline and a cognac/green-peppercorn sauce, is free-raised Strauss Brands, Inc. veal.

braising. The middle of the animal is then boned out, with the loin being reserved for pan-roasting and the breast being saved either for braising or for charcuterie. All of the bones are saved for stock, and then the stock is used for braising and the braising liquid reduced for sauce.

"Right now, we are offering a trio of young Vermont veal—roasted loin or tender leg muscles, braised shoulder and shank, and bratwurst made from the belly and trim. We have also recently made a veal and mushroom terrine."

As long as there is a dairy industry, points out Leviton, there are going to be calves. "What enters into my thinking is that things are so rough for dairy farmers right now that there could be a huge-value product in local, pastured veal. I'm willing to pay for it, and so are a lot of chefs and consumers.

"Basically, right now, if you are a dairy farmer and you have a male calf, you can sell it on the commodity market where someone will do whatever they please with it, or you can hold onto it for a little while. You don't have to worry about feeding it too much, because it can nurse. You will end up with a value-added product that is good for the farmer and good for the consumer."

Jan Greenberg, author of Hudson Valley Harvest *(Countryman Press, 2003), is based in Rhinebeck, N.Y.*

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Quitting TIME

Anyone who has tried to stop smoking knows how hard it is. The good news? It can be done.

By Suzanne Hall

AMY Burke would love to quit smoking. But when juggling culinary school, three children and a disabled husband gets to be a little too much, she reaches for that cigarette. That her husband is a heavy smoker doesn't help, either. A student at Jefferson College in Hillsboro, Mo., she's tried cold turkey, tapering off and the nicotine replacement patch, all to no avail.

"I always ending up needing just that one cigarette, which, of course, leads back to being a full-blown smoker every time," she says.

Success eludes Dan Thomas, as well. Catering supervisor for the Jefferson County Public Schools, Louisville, Ky., he's quit several times, most recently, for seven months. "I was doing well, then I changed jobs," he says. "I was feeling stressed and started smoking again last January."

Vance Wilson, CC, instructor/chef at Family and Morale, Welfare and Recreation Academy, an Alexandria, Va.-based military facility, also has tried several times and methods to quit. His cold-turkey approach lasted six months. A nicotine patch worked only as long he wore it. He had the same result when taking the nicotine-blocking prescription drug Chantix.

"When I wasn't smoking, my dentist complained about how badly I was grinding my teeth, and my coworkers bought me a pack to relieve *their* tension," he says.

SMOKING STATISTICS

These culinarians are not alone. The foodservice industry includes more smokers than the construction trades. In fact, results from the 2008 National Survey on Drug Use and Health, conducted by the Substance Abuse & Mental Health Services Administration, Rockville, Md., show that 44.7% of full-time workers in foodservice-related occupations had smoked within the past month. The rate for construction occupations was close, but still lower at 42.9%. (Library workers are among the least frequent smokers at 12.3%.)

Even more discouraging than these statistics is the fact that in the same survey, 50.2% of foodservice workers in the 18-25 age group reported smoking in the past month. That's a wake-up call to chefs who see themselves as mentors, as well as to culinary schools. It's also why some

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schools, such as The Culinary Institute of America (CIA), Hyde Park, N.Y., discourage smoking and provide help for students and faculty who want to quit.

According to Judy Brandow, CIA's director of health services, the school participates in the Great American Smokeout every November, has smoking-cessation information available at health and wellness fairs, has passed out patches and gum provided by New York state, and makes classes and programs of the Council on Addiction Prevention & Education of Dutchess County (N.Y.) Inc. available to faculty and students. In addition, through the efforts of the student government, cigarettes are no longer sold in the campus bookstore.

Although the statistics aren't encouraging, the message from fellow culinarians who've put the smokes down for the last time and from experts who help people break their addiction is: Quitting is possible. Millions have done it, and you can, too.

WHY QUIT? HERE'S WHY

First, you have to really want to quit. For you, not someone else, says Ed Emerson of East Dundee, Ill., who cooks at an assisted-living center while finishing up his bachelor's degree in culinary arts in the online division of The Art Institute of Pittsburgh. He tried hypnosis, which didn't work at all, and the patch, which fell off in the heat and humidity of the kitchen. He finally was successful by taking Chantix for three months. "After a few weeks on the drug, smoking wasn't attractive at all," he says.

"It's a personal thing. You have to break the mindset and do it for yourself," says Phil Fahrenbruch, CEC, executive chef at the Frankenmuth Bavarian Inn, Frankenmuth, Mich. He used the patch to help him finally quit smoking in October 2009.

Quitting means being free of yellow teeth and fingers, smelly clothes and breath, and that coughing, wheezing and shortness of breath experienced during exertion.

"The reason that quitting was so important to me was because I noticed that simple acts, like walking up the stairs, would leave me winded. And at 25, if I am out of breath from just walking up the stairs, what is 30 going to be like, or 50," says Jesse Fowler, a culinary student at The Art Institute of Michigan, Novi, Mich. "I realized that if I didn't quit now, I would miss out on a lot of things in life."

Recognizing the kind of situations that make you want to smoke is one of the first steps toward quitting, experts say.

Fowler also used Chantix as an aid in quitting. "It worked very well for the cravings," he says, noting that he stopped taking it early because it bothered his stomach.

Health also was of concern to Lynette Maxey, RD, CDE, general manager of nutrition and environmental services at Paul Oliver Memorial Hospital, Frankfort, Mich. "I'm a registered dietitian, for heaven's sake," she says. "I knew better."

Chantix worked for her. "I took it for a couple of months," she says. "At the end of a really busy day, I realized I hadn't had a cigarette." That's when she knew she'd done it.

The need for dental surgery is what convinced Bruce Clarke, production chef at the University of Richmond, Richmond, Va. "My dentist told me I'd heal faster if I quit smoking," he explains. That was four years ago. He used the patch and quit within a week.

In a 2008 survey, 50% of foodservice workers in the 18-25 age group reported smoking in the past month.

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GOOD REASONS TO QUIT SMOKING

Whether you're a heavy smoker or a light one like Travis Dale, CEC, CCA, executive chef/assistant general manager at The Point Lake and Golf Club in Mooresville, N.C., quitting will improve your health. "I usually only smoked when I was driving. When my wife got pregnant, the smell made her nauseous," he explains. "So I quit." Being smoke-free is healthier for both of them, he believes.

Health is the best reason to quit smoking; cost is another. At $5 or more per pack, smoking is an expensive habit. Says Jesse Fowler, a culinary student at The Art Institute of Michigan, Novi, Mich: "In the 10 months since I've quit, I've saved $1,600."

Mark Brown, CEC, CCA, executive chef at The Sanctuary Golf Club, Sanibel Island, Fla., quit his job six years ago at the Fort Wayne Country Club, Fort Wayne, Ind., to open a bakery/cafe business. To save money to put into the business, he quit smoking. "Back then, cigarettes were about $3 a pack. Now that they cost even more, I can't imagine wasting all that money," he says.

Another good reason to quit smoking is to improve your sense of taste and smell. While the science is ambiguous, many chefs absolutely agree that their sense of taste and, to a lesser degree, smell, have improved since they gave up cigarettes.

"You learn to taste with a smoker's palate. Food tastes better when you quit. Tastes are different. It took me up to six months to trust my palate," Brown says.

"Coca-Cola and bacon tasted and smelled out of this world after I quit," says Frank Page, CSC, executive chef at Miami University, Oxford, Ohio.

The taste of salt was much more acute for Kathy Doyle, executive chef at Fort Indiantown Gap Community Club, a military facility in Reading, Pa. After smoking for 25 years, she used the patch to quit and immediately noticed the difference in the taste of salt. "When I smoked, I could have been cooking with too much salt," she says.

Cesare Caldarelli of Deerfield, Ill., agrees. "Salt tastes a hundred percent different since I quit smoking six months ago. I was probably over-salting my food when I smoked," he says. The former military and department store chef used Chantix for about five weeks.

Pat Walston, corporate chef of House-Autry Mills, Inc., Four Oaks, N.C., turned to her doctor for help to quit smoking. He suggested she set a quit date three months ahead, then, every day for those months, tell six people she was quitting. "I got so tired of telling people I quit the day before my quit date," she says.

Walston also believes smoking impairs the sense of smell and taste. She looks to coworkers to test the products and recipes she develops in her lab. "I always go to the nonsmokers like me," she says. "Their sense of taste and smell is so much better."

Big-time health issues forced Frank Page, CSC, to kick the habit. Every time he got sick, he ended up with pneumonia. Sucking in air hurt so badly, it almost made him cry. An executive chef at Miami University, Oxford, Ohio, he took advantage of the educational materials and support group the university provides in conjunction with the American Cancer Society. He used no drugs or other aids, and he and his wife, who quit with him, have been smoke-free for two years.

GETTING HELP

Dawn Wiatrek, Ph.D., a social psychologist specializing in addiction and cessation, is director of the Atlanta-based American Cancer Society's Quit for Life, a telephone-based program that provides assessment, counseling and other help in all 50 states and the District of Columbia. (For more information on the program and an interactive readiness-to-quit quiz, go to www.quitnow.net. For a comprehensive guide to quitting smoking, go to the society's website at www.cancer.org.)

Counselors help determine a person's best approach to quitting. "The two most critical components in quitting smoking are the biological and psychological addictions," Wiatrek says.

The biological elements often are easier to overcome. Nicotine replacement therapy (gum, the patch, nasal spray and others) or prescription drugs that block the absorption of nicotine can help with that. When it comes to the psychological aspect, behavior modification is in order.

"You need to recognize the situations and behaviors that make you want to smoke, and counter them," Wiatrek says. Taking a walk after dinner instead of having a cigarette is an example. "Exercise is a good approach. You don't need to run a marathon. Something as simple as walking can help." Exercise also helps reduce the weight gain often associated with giving up cigarettes.

When it comes to quitting smoking, Wiatrek's message is loud and clear. "The cravings you feel are going to pass. Millions of people have quit. It can be done."

Suzanne Hall has been writing about chefs, restaurants, food and wine from her home in Soddy Daisy, Tenn., for more than 25 years.

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ESSENTIAL Tools of the PASTRY TRADE

Check out these can't-live-without-it tools for pastry chefs.

By Robert Wemischner

WITHOUT talent and creativity, kitchen tools mean nothing. How a chef uses a tool, usually as an extension of good, deft hands, is what really counts. However, in the highly diverse world of pastry and dessert-making, whether low-tech, inexpensive and purchased at your local hardware store, or cutting-edge, tools engender fierce loyalties among pastry chefs.

TOP FIVE

Michael Laiskonis, executive pastry chef at Le Bernardin, New York, says his favorite tool is an offset spatula. "This little guy is always in my back pocket, literally. Since I spend so much time moving delicate objects from one place to another, this tool is rightfully at the top of the list." Surgical tweezers come in a close second. "I've only been using these for the last year or two, but they've become indispensable while plating desserts when ultra-precision is necessary."

He has a hard time deciding between these top two and his next three favorite tools, one of which is a digital scale with accuracy down to a tenth of a gram. "Consistency, not to mention whether a recipe will work at all, depends on accuracy," he says. Next on his list is a laptop computer. "In an effort to cut down on all those scraps of paper scribbled with ideas and formulas—and paper recipes altogether—I've begun to keep my computer within reach, even in the kitchen. Not only are all of my recipes and reference materials a mere click away, so, too, is perhaps the most efficient research tool, the Internet."

And finally, he constantly relies on a digital camera. "I find documenting one's works-in-progress helpful in the creative process itself," Laiskonis says. "So, too, it makes the consulting work I do much easier. In the time it takes to collect in an e-mail a few recipes and a step-by-step photo tutorial, I can implement a new dessert in another restaurant—down the street or across the country."

Chef Rubber

A digital scale that ensures precise measurements is an important player in the pastry kitchen.

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Cream and soda siphons can produce ethereal textures not possible by hand.

BASIC TO HIGH-END

Laiskonis is not alone in naming the offset spatula as a favorite tool. Pichet Ong, owner of Spot Dessert Bar and Village Tart, New York, says, "For ordinary, everyday kitchen tools, I love small offset spatulas. I use them to frost cupcakes, scrape errant crumbs off a cake, cut desserts and, during service, spread garnishes on dessert plates."

He puts his favorite tools into three categories: basic, high-end and in between. The spatula falls into the first category, as does another tool he can't live without, a bowl scraper. "In these days of slim profits and a tough economic climate, I can't emphasize enough the importance of getting every last bit out of a mixing bowl from the perspectives of respecting precision in recipes and reducing food waste," he says.

In the category of "neat kitchen toys," Ong favors the blast chiller. "It cuts down production time, since all of the doughs that I use require chilling and resting time," he says. "It also helps to maintain the integrity of the pastry product. Another tool I like is a cryovac machine, which is useful in a confection-driven kitchen."

For the past five years, the cryovac has found a home on the savory and sweet sides of his kitchen, used for preserving, marinating and storing food items. "Beyond the interesting cooking techniques that I can apply in my pastry-making, which frequently combines the use of savory ingredients in sweet applications, this machine also helps make storage and organization more efficient," Ong says.

In the in-between category, he relies on cream and soda siphons used to produce ethereal, light textures that can't be achieved by hand. "These are definitely worth the investment for every chef," he says.

But despite his fondness for the use of high-tech gadgets, Ong also pays homage to the craft of baking and pastry-making. "As a chef who prefers to whip creams and other mixtures by hand, a whisk with a wide balloon is also a simple tool I love. Given the fact that it is emblematic of the field of pastry arts, when I use it, I feel connected to a long line of pastry-makers who have ennobled the field."

BY HAND

Mindy Segal, chef-owner of Hot Chocolate in Chicago, can't live without her baby rolling pin, aka, fondant roller. She uses it to roll out each of the more than 12 different doughs she features in her operation's line of cookies and tarts. "I like to feel the dough under my hands as I roll it," she says. "I insist that my staff learn to roll doughs by hand and, in fact, don't have a mechanical sheeter in my kitchen."

When Segal says her products are handmade, she means it. Whether she's working on the chocolate sucrée dough or the pork fat- or duck fat-based brisée dough, she says rolling doughs by hand leads to an even, consistent product. "You can taste that the cookies made from these

Check out these sources for pastry chef tools.

- bakedeco.com
- chefrubber.com
- culinarydirect.com
- jbprince.com
- pastrychef.com
- pastryitems.com
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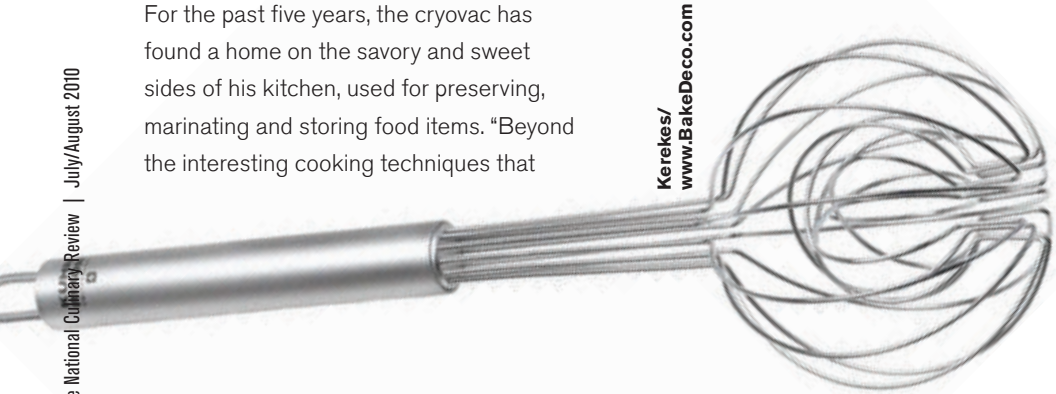

For whipping creams and other mixtures by hand, a balloon whisk is invaluable.

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hand-rolled-out doughs are made by hand. And I feel that handwork is the defining characteristic of artisanal baking. Once I have rolled out the dough by hand, I rely on a cheap Henckels paring knife ($7) to cut it."

Adrian Vasquez, pastry chef at Providence in Los Angeles, has a hand-held immersion blender in his hands during much of the time he spends in the pastry kitchen. With it, he produces ethereal foams, flawless plating sauces and other aerated preparations.

MINI VERSION

Deden Putra, executive pastry chef at the Four Seasons' Beverly Wilshire, Beverly Hills, Calif., looks back fondly on his purchase, 10 years ago, of a miniature offset spatula, the first tool he bought. "It has multiple uses for me," he says. "It's the perfect tool for smoothing icing. I also use it for pushing batter into each corner of the baking pan and then for leveling the top. Once the cake or tray of brownies has baked, the long skinny blade is the perfect shape for running around the edge of the pan without damaging the sides of the brownie or cake, components that are often used in my multicomponent desserts."

Pastry chef Shuna Fish Lydon of San Francisco, who has worked in restaurants in Yountville, Calif., London and, most recently, New York, calls the miniature offset spatula her friend. "Its nickname is 'baby.' It can do anything," she says. "Don't let its diminutive stature fool you. Put one in your back pocket, and you can do anything—slice through a tautly held stack of parchment paper or cut one clean line for a cornet, spread tuile batter flat on a Silpat or take a tiny piece of dust off a custard's pristine surface, open a cardboard box taped shut or gently pry open a can of Lyle's Golden Syrup.

"The offset spatula is my friend, my right hand. I use it to lift a hot Silpat off a sheet pan and slide cookies onto the counter to cool faster. It lifts cookies and biscuits, and you can even serve cake with it. It will pull apart two kissing pieces of frozen dough or stir milk into your tea on the fly. I even use it to stir quinoa grains cooking on the stove for a *budino*. And, when making marmalade, I use one to pull out a piece of the syrupy fruit to see if it's set." She also uses it to cut a pound of butter into neat, even cubes.

"Having an offset spatula in your back pocket can spell the difference between a nonchalant cook and a well-prepared chef," she says.

Robert Wemischner, based in Los Angeles, is a pastry chef/instructor/author. His most recent book is The Dessert Architect *(Cengage Publishing, 2010). Visit www.RobertWemischner.com.*

SHOW-FORM MOLDS SHINE

Paul Edwards, owner of Chef Rubber, Las Vegas, a specialist in custom products for the pastry chef, has a bird's-eye view of the industry from his perch as supplier to large-scale operations in the city. Beyond providing custom-colored cocoa butters, custom silk-screens and other ingredients and tools to confection makers, Edwards notes the increasing popularity of versatile show-form molds as an economic solution to showpiece design.

The molds are designed for one-time use, but if care is taken in the removal of the cast chocolate or sugar, the mold could be used multiple times. No special equipment is required; simply cast chocolate, sugar or pastillage into the form, allow it to set, and then break away the form.

Edwards notes that these popular molds produce solid components that can be mixed or matched to create unique showpiece structures. Chefs, particularly in the hotel and banquet arenas, find they are great to keep on hand for last-minute events.

Kerekes/
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An offset spatula is the favorite tool of many pastry chefs.

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COUNTING Beans

Heirloom beans are coming into their own and earning a place at the table.

By Clare Leschin-Hoar

WHILE the center-of-the-plate protein isn't vanishing anytime soon, an idea that's been taking root among thoughtful chefs and eaters—and pushed further by popular movements like Meatless Monday—is that sometimes a dish's shining star can begin as a humble, tender bean.

Thanks to farmers who've cultivated an expanding assortment of colorful, whimsically named heirloom varieties, plenty of notable chefs have discovered that the simple bean isn't necessarily so simple. The array of sizes, colors, textures and cooking methods means chefs are giving a second look at an old standby in their ingredient arsenal.

BEAN REVIVAL

If there's one single individual responsible for the revival of heirloom beans, most would agree that nod goes to Steve Sando of Napa, Calif.-based Rancho Gordo. Sando started out growing heirloom tomatoes, but changed course when he realized the market was wide open for dried beans, which would travel and store far better than his vine-ripened tomatoes.

Today, he grows more than 25 varieties, focusing only on beans that are indigenous to the Americas. He's saved several varieties from near extinction, including Vallartas, known fondly by Sando as "the Keller bean" because of Thomas Keller's appreciation for their smooth texture.

"When I first started, I was selling at farmers markets. And then Thomas Keller came to the market, and that changed everything," says Sando. "I love the idea of the lowliest ingredient being served in the most important restaurant in the country."

It wasn't long before other chefs followed suit. The concept of heirloom ingredients had already been paved by heirloom tomatoes, and by heritage livestock, including turkeys and pigs. What an heirloom ingredient was is now commonly understood in the marketplace, and

This stuffed avocado with heirloom bean and quinoa salad is from Monica May at Nickel Diner.

Kimberli Ransom

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brightly hued beans of every imaginable shape and texture invite adventurous chefs to give them a try.

"I've been a huge bean freak my whole life, and to look at them—they look like jewels," says Monica May, chef/co-owner of Nickel Diner in Santa Monica, Calif. "When it's a good-quality bean, like an heirloom, they can be prepared simply. You don't need stock, bones and all that."

May says they use the Santa Maria pinquito beans in everything from huevos rancheros to the restaurant's vegan chili. Cooked with chopped onion, garlic, fresh thyme and sage, it's become a main staple of Nickel Diner's flavor profile.

"The Good Mother Stallards are tremendous, too, because they perform. It's a large bean with great mouthfeel, and when you bite into it, the skin just pops and yields this beautiful creaminess inside," May says.

BEAN WISDOM

Speculation on how to best cook beans is as varied as the chefs who prepare them, but some rules of thumb are:

- Bean texture is often better if they're soaked before cooking.
- Acid toughens bean skins during cooking, so, no molasses, tomatoes, lime or vinegar until the finish.
- Salt is also believed to toughen beans, and is best added halfway through the cooking process or at the end.
- Color, for the most part, is a thing to appreciate while the beans are dry.
- The older the dried beans are, the longer cooking times they'll require.

At Beacon Hill Bistro, Jason Bond uses heirloom beans from Charley Baer in this dish of calypso beans with lobster, green garlic and scallops.

LOCALLY SOURCED

Part of the appeal of buying heirlooms directly from a grower is freshness. Young dried beans can cook in a short amount of time and may not need to be pre-soaked. They retain their shapes, have skins that aren't too tough and reliably retain a better texture. The majority of beans come from Canada, China, Mexico and the U.S., so for many chefs, traceability is a big part of the appeal.

"But there's a shell game," says Sando. "They get moved from silo to silo, so you pretty easily could wind up with beans that are 8-10 years old if you don't know your source."

In Boston, a city historically connected to the bean for centuries, chef Jason Bond of Beacon Hill Hotel & Bistro serves up heirlooms grown by local farmer Charley Baer of Baer's Best Beans, who specializes in heirloom varieties that are native to New England. Local sourcing has helped ensure that staples such as Bond's traditional cassoulet or summertime lobster cassoulet remain consistent.

"Beans are sort of like potatoes. Different types have different textures," says Bond. "What you want is uniformity—like in risotto. If some of the rice grains are mush and some are hard, it's not as enjoyable to eat. When I made the switch to heirlooms, I was amazed how much better they were. They cooked more uniformly and kept their individual shape, and the texture was even."

Traits vary among varieties. The fast-growing Yellow Indian Woman bean is gold in color with a creamy texture, and is coveted for chili. The Rio Zape has hints of coffee and chocolate in the background. Moro beans are grey with exotic purple coloring, and are known for their thin skin and dense bite. Long-loved flageolets are ultra-creamy and forgiving. "You can rough them up, and they still like you," says Sando.

FAN BASE

Beans' versatility and broad appeal has won them steadfast fans. Among them is John Ash, an instructor at The Culinary Institute of America at Greystone, St. Helena, Calif., who challenges each of his students to "adopt" an heirloom bean in an effort to keep endangered varieties in the marketplace.

"I think beans are coming to the forefront in a way they haven't been before," says Ash. "There are a certain group of chefs who distinguish themselves by finding things people aren't familiar with and presenting

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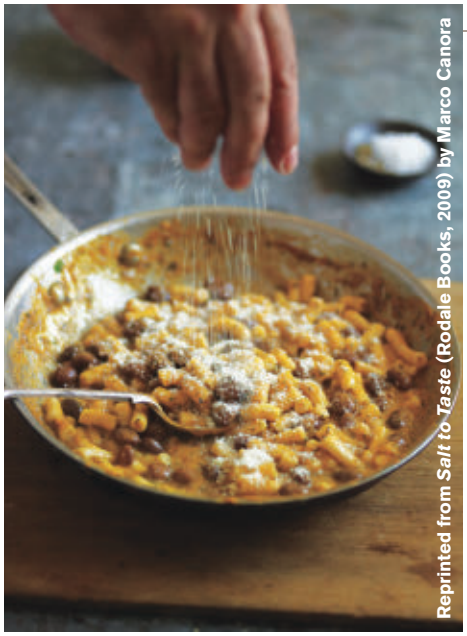

Marco Canora of Hearth purchases heirloom beans directly from a grower for his *pasta e fagioli*.

them in interesting ways. If you're Italian and cook in an Italian way, you stay with the beans you know. I think the opportunity for all of us is there are hundreds of varieties of beans. There is more opportunity to be creative with beans in a way that we aren't yet. Look beyond traditional dishes. Look at it as a center-of-the plate proposition rather than a side dish."

Be more creative, Ash urges. He includes himself in the challenge. He's selected the gigandes bean as his own, and is using it in as many ways as he can. "It's a big, beautiful white bean. When it cooks, it can be an inch across. I like to use it in any dish that might have used a piece of fish, and I use the bean, instead. For example, it becomes my scallop—my much-less-expensive ingredient to replace an expensive protein," he says.

Yellow-eye bean is a favorite of Anthony Paone, chef at Sea Salt in Berkeley, Calif. He likes the way it holds it shape. It's not too big or too small. "I'll roast a whole pig, and the leftover crispy salty parts get thrown into the beans and served with herbs from our garden and crème fraîche," he says. "Using those heirloom beans allows us to do something like that. It can stand on its own. We wouldn't do that with a run-of-the-mill bean."

Paone doesn't pair beans with pork alone; he often uses them in seafood dishes, including squid and tuna. He picks cranberry beans to make a purée that's plated under a fish fillet, or serves them as a refreshing appetizer by mixing giant white beans (the exact kind varies with availability) with fresh parsley, Meyer lemon and dried tuna roe.

He also leans toward heirlooms over old standards such as straight black beans or kidney beans, because they are less common and far more interesting. "Nine times out of 10, the nuances in beans are lost on the public, but on us, and the people who do notice—that's why we get them," Paone says.

They are more expensive than their more common cousins, often double the price, but keep that pricing in perspective, say believers. Even an expensive bean is cheap in the realm of coveted kitchen ingredients.

COOK RIGHT

Chef Marco Canora of Hearth in New York says he's long been a bean fanatic, and that they're an integral part of the Tuscan-based cuisine he's known for. But for years, he struggled with uneven results yielded by standard beans. "I was never happy with them. They'd always break. I tried every which way to keep them beautiful and whole, but the skins would always break," says Canora.

Switching to heirlooms purchased directly from a grower, he has found greater success. While he stays with the classics—using beans in dishes such as *pasta e fagioli*, or applying a light smoke to them to add complexity—he understands that cooking technique matters, too. Cooking beans in the oven after a prolonged soak means more-equal results.

"You get heat from all sides, especially when you're preparing large quantities. In a pot, it's hotter on the bottom and you have to stir frequently," Canora says. "Some are cooked perfectly and some are hard. Done with a generous amount of water in the oven, they tend to cook more evenly."

In the end, he says what's most important is starting with the right bean.

Mansfield, Mass.-based freelance writer Clare Leschin-Hoar's work has appeared in The Wall Street Journal, The Boston Globe *and* The Christian Science Monitor, *among other publications.*

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Portugal *and* Brazil—CLOSER THAN YOU THINK

Portuguese *peixe espada*, Brazilian *moqueca* and so much more creates a New England 'staycation' for diners.

By Karen Weisberg

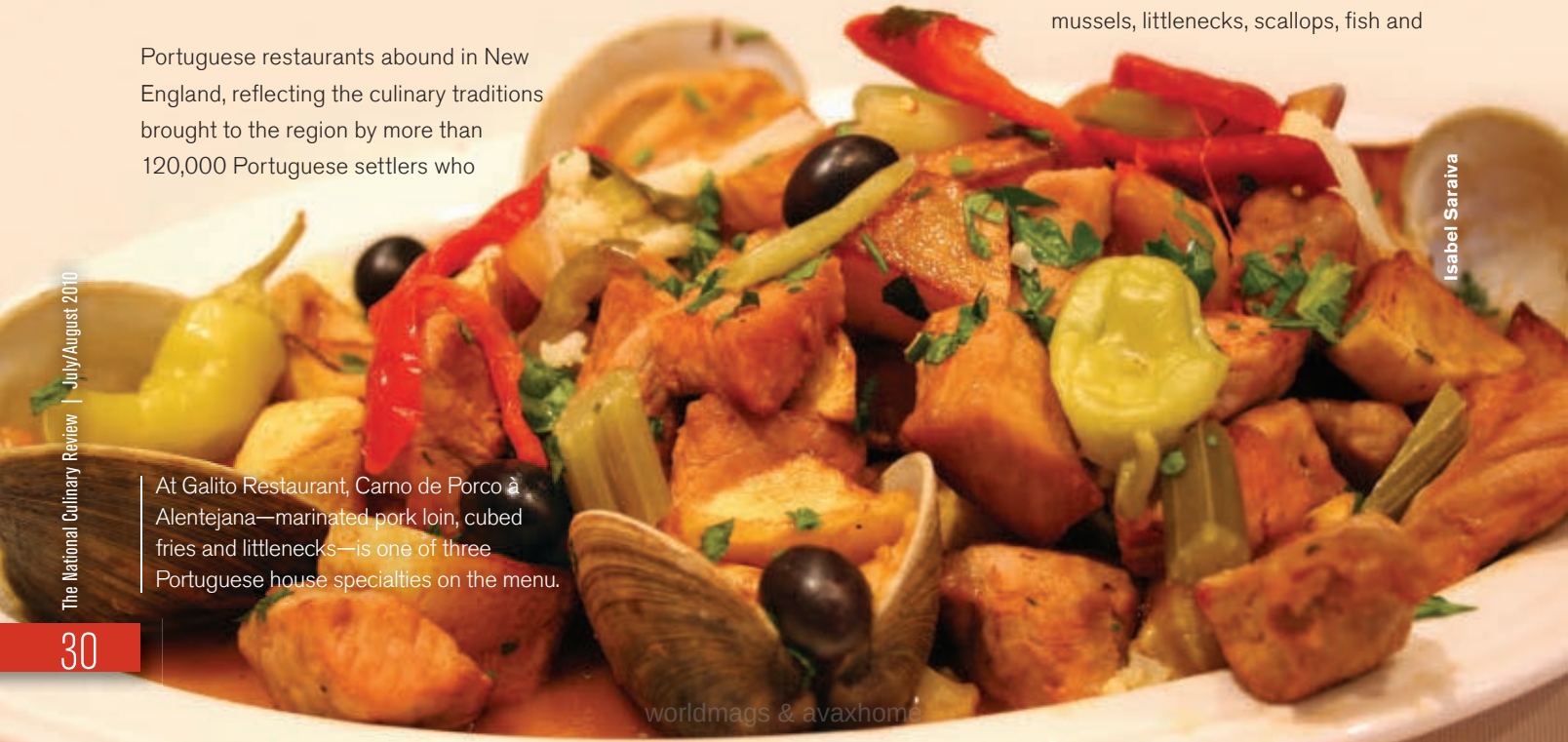
IT'S summertime, when the living is easy, and folks have been thinking it and humming it since 1935, when the George Gershwin tune debuted in *Porgy and Bess*. Back-of-the-house, the temperature may be climbing, but out front your guests may be hungering for a "staycation" that boasts exotic food and transports them to someplace cool.

Portuguese restaurants abound in New England, reflecting the culinary traditions brought to the region by more than 120,000 Portuguese settlers who arrived between 1965 and 1975, adding to the numbers who preceded them during the mid to late 1800s. Brazilians have also come in large numbers, one reason being the shared mother tongue of Portuguese.

ON THE PORTUGUESE MENU

With executive chef Tim McNulty overseeing the kitchen, The Lobster Pot, overlooking Provincetown (Mass.) Harbor, serves up Baked Portuguese Clams ($9), featuring six littlenecks on the half shell with *linguiça* (Portuguese sausage), panko and Parmesan.

McNulty's favorite preparations are his signature bouillabaisses, including Shellfish Algarve ($27). Noodles are topped with a generous portion of shrimp, mussels, littlenecks, scallops, fish and



Isabel Saraiva

At Galito Restaurant, Carno de Porco à Alentejana—marinated pork loin, cubed fries and littlenecks—is one of three Portuguese house specialties on the menu.

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Ensopado de Marisco—shellfish served in broth over toasted garlic bread with rice on the side—was created in-house at Galito to satisfy the restaurant's diverse dining clientele.

calamari steamed in a delicate blend of olive oil, butter, garlic, bay leaf and just a hint of crushed pepper.

Telmo DaSilva, co-owner of Galito Restaurant in Pawtucket, R.I., finds that more than 50% of his guests are of Portuguese heritage, with the rest being a cross section of Americans, including a growing number of Hispanics. DaSilva grew up on the southern shore of Lisbon and came to the U.S. when he was 19. Although he's not a chef and has never quit his day job (vice president of Key Container Corp., Pawtucket), he opened Galito in 2001.

Bife à Chefe ($15.95) is a best-seller and a specialty of the house at Galito. This 12-oz. premium Angus steak is cooked in chef Humberto "Djoca" Lopes' special (and secret) brown-gravy sauce, then topped with a fried egg—a very Portuguese finishing touch. "Many Americans don't want the egg, but it's part of our tradition," DaSilva explains. "Anywhere in Portugal, a house steak comes with a fried egg on top."

He is especially pleased by the popularity of Ensopada de Marisco, which can be prepared to serve one guest ($17.95) or two ($28.95). It boasts shrimp, littlenecks, mussels, scallops, imitation crabmeat, squid and half a lobster served in a broth over toasted garlic bread, with white rice on the side. "This dish, also menued as a specialty of the house, was really designed by us here at the restaurant, not in Portugal where there's more paella," DaSilva says.

Last but not least, the third of his three house specialties is Carne de Porco à Alentejana ($13.95), featuring marinated center cut pork loin, cubed fries and littlenecks. DaSilva explains that Alentejana is one of the provinces in the center of Portugal, and renowned for its pork, while Algarve is more coastal and known for its seafood.

No Portuguese menu worth its salt would omit a traditional dish featuring *bacalhau*, or codfish, and Galito offers up three (each priced at $15.50): Bacalhau na Brasa (broiled codfish in garlic and olive oil); Bacalhau à Saloio (fried codfish in onion and green pepper sauce); and Bacalhau à Portuguesa (boiled codfish, potatoes, chickpeas and vegetable).

BRAZILIAN CUISINE ON THE MENU

As director for culinary operations, Harvard University Hospitality and Dining Services, Cambridge, Mass., Martin Breslin oversees the serving of approximately 25,000 meals per day. Because students in the undergraduate dining program hail from more than 100 countries, international foods are highlighted, with every Friday evening offering an international menu set up as a self-serve, unlimited buffet. The most popular dishes with students generally migrate to the four-week-cycle menu.

It's no surprise that *feijoada*, widely considered to be the national dish of Brazil, is often featured on a Brazil Night menu, but typically during the winter months. "To prepare this hearty stew, we sauté Boston pork butt, bacon, garlic, onions, bay leaf and *linguiça*, the Portuguese sausage," Breslin says. "We soak black beans and add them to cook as a stew. It's a high-protein, cold-weather dish."

Most popular of all the Brazilian dishes offered is São Paulo-style shrimp. "We marinate the shrimp for about two hours in a marinade of onion, garlic, cilantro, lime juice, fresh ground black pepper, a pinch of sea salt and a bit of olive oil," Breslin says. "Then we quickly sauté it to order and serve it with pilaf. I've actually seen students wrap it in a tortilla and eat it with guacamole."

Brazilian Rice Casserole, a favorite among those seeking a vegetarian option, was developed by several Brazilian foodservice staff members. Rice (cooked ahead), eggs (raw), cheddar cheese, spinach, marjoram, thyme, rosemary and butter are combined in a casserole dish then topped with additional shredded cheddar.

"We do R&D with several chefs, including one from Brazil as part of the team. We make sure that he agrees that what we're preparing is authentic Brazilian," Breslin says.

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National Onion Association

Spicy and mild sausage is combined with onion, potato, celery, zucchini, tomato and kidney beans in this Portuguese sausage and onion stew.

"Most of our codfish is from Norway, some from Canada, both from our local suppliers," DaSilva says. "It's salted on the fishing boats to preserve it. We soak it in water for four days to remove the salt. However, eating a bit of salt cod was thought to prevent motion sickness. It's an old wives tale, but I believe it works."

MADEIRA'S UNIQUE SCABBARD

With a total of 700 seats on two levels (half for catering, half for dining), Madeira Restaurant in East Providence, R.I., is one of the largest Portuguese dining venues in the area. Considering that Al Milho opened for business 25 years ago with a 50-seat venue, he must be doing many things right.

While Zita Milho, his wife, heads up the kitchen and prepares all the dishes along with four other cooks, Milho oversees the front-of-the-house and all day-to-day operations. He explains that the restaurant is named for Madeira, the island of his birth, and Espetada à Madeirense ($21.95), a house specialty, is typical of Madeira-style shish kebab, served with rice, wedge-cut Portuguese fries and seasonal vegetables. "Shish kebab is only done in Madeira, not elsewhere in Portugal," he says.

The restaurant serves scabbard fish in Peixe Espada ($17.95). It's broiled or pan-fried and traditionally served with sautéed onions, fried cornmeal and seasonal vegetables.

"'Peixe' means fish and 'espada' means flat and long," Milho says. "It's about four feet—maybe longer—and about four-to-five inches wide and one-and-a-half inches thick. This fish is black when it's pulled from the sea, but when we clean it, it turns snow white. We import it, frozen, from Madeira about once a month. It's a very good seller here."

The fried cornmeal accompaniment to Peixe Espada is similar to polenta, Milho says. Here, it's cooked with chopped collard greens to provide a traditional Madeira side dish.

Although admittedly not a chef, Milho is pleased to share some tips for preparing the traditional Portuguese Carne de Porco Alentejana ($15.95), marinated pork with roasted potatoes and littlenecks. "You marinate the meat overnight—that's the right way to create the flavor. The next day, you cook it halfway (on the stovetop), then finish it to order, adding the littlenecks and the potatoes, cut in one-inch squares. Serve it with the gravy that cooked with the meat. It's a brown sauce prepared with wine, beer and secret ingredients."

BRAZILIAN BEYOND *CHURRASCARIA*

During the 1990s, Fatima "Fafa" Langa Gomes and her husband Antonio Gomes

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Fatima "Fafa" Langa Gomes

Moqueca, one of Brazil's most traditional dishes, is also one of the most popular to come out of Fatima "Fafa" Langa Gomes' kitchen at Muqueca in Cambridge.

were working as tour guides based in New York, shepherding Brazilian tourists to places of interest up the East Coast. "One day, going through Cambridge [Mass.], we saw a little Brazilian restaurant for sale," Langa Gomes recalls. "It was a by-the-pound buffet, but we thought we'd like to show Americans real Brazilian cuisine—a different kind of cooking, like that from Vitória, the island where I grew up in Espírito Santo, my state in Brazil."

So, a decade ago, the couple moved to Cambridge to embark on the second phase of their lives and "to do what we know best," Langa Gomes says. They named the 50-seat restaurant Muqueca. It's the name of one of the most traditional dishes, *moqueca*, prepared in Espírito Santo. The couple ordered clay pots from Goiabeiras in Espírito Santo that have been made by the descendants of the same families for almost 400 years. "You can't cook the *moqueca* in the same way as the native Brazilians did for centuries without these pots," Langa Gomes says.

The most popular dish here—where cooking is done on one 12-burner gas range—is the *moqueca*, in various iterations: Fish Moqueca, $13.95; Fish with Shrimp or Mussels Moqueca, $17.95; Shrimp and Mussels Moqueca, $18.95; and Plantain and/or Tofu Moqueca, $11.95.

"Basically, *moqueca* is a way of cooking in the clay pot," Langa Gomes explains. "If I use a different type of pot, you'd taste the difference. Our ancestors learned from the Indians hundreds of years ago. In most places—in different states of Brazil—the cuisine is more from the African influence. Ours is more from the Indian."

Langa Gomes' fish *moquecas* incorporate tomatoes, onion and annatto (or achiote) seeds sautéed in olive oil to produce a rich radish color.

Everything is prepared fresh, to order. Seafood Pie ($18.95 per portion) takes the most prep time of any dish—25 to 30 minutes—and is also the only seafood dish made in the oven. "It's an original dish, only from Vitória," Langa Gomes says, "but there you'll only find it at Easter. Here, I serve it every day because many people from Vitória live only about a half-hour from the restaurant, and they miss this dish from home."

She often takes a whole day to prepare the ingredients for one huge pie—salted cod, shrimp, crabmeat, mussels and palm heart—enough for about 50 servings. When ordered, it's sliced in a wedge-shaped portion and finished with beaten eggs, sliced onion and pitted olives for decoration.

NATIONAL DISH

Feijoada—considered by many to be the national dish of Brazil—was actually brought there by the Portuguese. Langa Gomes prepares the black bean stew with fresh and dried meat, pork, sausage and bacon, to be served with collard greens, fried plantain, *farofa* (yucca flour fried with annatto seed, olive oil, finely diced onion and garlic) and orange ($15.95). She boils all the meat to remove the fat. "Most restaurants in Brazil, and now also in the U.S., typically serve *feijoada* only on Saturday, but here, it's every day," she says.

A few miles down the road in Allston, Mass., *feijoada* is served Friday through Sunday at the 90-seat Café Brazil. Owner Valter Vitorino began working in restaurants in his native Brazil when he was 11. Now 61, he says he still enjoys it. Much to his surprise, his best-seller these days is *rabada*, or beef oxtail, slowly simmered and served with aromatic vegetables ($16.95).

"We do a lot of delivery to the universities," Vitorino says. "I'm lucky here, because my customers are from all over the world."

New York-based award-winning journalist Karen Weisberg has covered the issues and luminaries of the food-and-beverage world—both commercial and noncommercial—for more than 25 years.

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Fish RIBS

Chefs offer a new take on a popular menu item.

By Melanie Wolkoff Wachsman

FAMILIAR, classic and economical, ribs remain a staple comfort-food dish. However, pork and beef ribs shouldn't sit too comfortably. Fish ribs have become a new contender, specifically, pacu, a Brazilian freshwater fish that grows to between 60 and 80 pounds. The fish's size garners meaty ribs, making them perfect for creating a healthier, vegetarian-friendly version of barbecued spareribs.

Emilio Sosa, president of Sammy's Seafood, a fresh-seafood purveyor based in St. Petersburg, Fla., says pacu ribs resemble beef spareribs, but with a pinkish/white-colored flesh and silver iridescent skin. The ribs arrive in a 9-12 count, which can easily be fabricated into sections. Sosa estimates the ribs cost $8.95-$9.95 a pound.

Chris Pandel, chef of The Bristol in Chicago, first heard about pacu ribs from his seafood purveyor a year ago. What intrigued him most was the ribs' delicate, sweet taste. "Pacu are herbivores. They are related to piranha and have the same teeth, but they use them to eat greens. So you get this really mineraly, natural, grassy flavor in a good way," Pandel explains. "You don't get a lot of pushback in terms of texture. I compare the taste to poached sole, with a velvety, soft, almost creamy texture."

Truluck's Seafood, Steak & Crab House serves Brazilian pacu ribs with pickled watermelon BBQ and fennel coleslaw.

At first, Pandel pan-roasted the ribs, skin-side down. Not entirely satisfied with the outcome, he continued experimenting. He found his most successful cooking method involves brining the ribs in a light salt solution with aromatics such as ginger, garlic, chilies and olive juice, and then deep-frying them. "We leave the skin on because it gets crispy," he says.

Pandel serves the ribs escabéche-style. Deep-fried ribs are tossed in a sweet-and-sour relish built with peppers, olive and persimmon. He also prepares a Southeast Asian version, where the ribs are coated in a black fermented garlic barbecue sauce and served with fried shallots and herbs.

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HALIBUT RIBS

Fish ribs aren't limited to pacu. Brian Cantrell, executive chef at A Fish Called Avalon, Miami Beach, Fla., serves up halibut ribs. "I had whole halibut delivered to a restaurant I used to work at. As we filleted the fish, we wanted to do something with the ribs because there is a lot of good meat in the middle," Cantrell says.

He decided to flash-fry the ribs in peanut oil to resemble a fish-and-chips-style dish that he recreates today. "They are large, and the meat is delicate and flaky. Flash-frying gives them a great crispy crunch on the outside," Cantrell says. The halibut ribs arrive with a citrus aïoli made with roasted garlic cloves, egg yolk and extra virgin olive oil and finished with lemon, lime and orange juice.

There's no reason not to consider fish ribs if halibut is already in stock, Cantrell says. "It is a bonus to buying a whole fish, and does not incur any additional costs," he says. "There is enough meat on the bone to provide for a large-sized appetizer portion."

Halibut ribs produce a crowd-pleasing dish. "They can be quite large and make a great visual impact when carried into the dining room," Cantrell says. "It causes a lot of 'oohs' and 'ahs' because of its size and shape. It's not a dish that is common in restaurants."

Three years ago, executive chef Jamie Gruber first tried pacu ribs at a small, local restaurant in Hawaii. "At first, I didn't know what I was eating. However, I enjoy trying new things, and I love ribs, so this dish was perfect for me," he says.

Today, Gruber serves up grilled pacu ribs at The Market in Columbus, Ga. "The ribs are easy to work with. They have a mild flavor, with a little bit of a nutty undertone," he says. This mild flavor helps the ribs adhere well to most sauces. Gruber dresses his ribs in sauces ranging from poblano pepper to chipotle pepper or roasted red pepper.

"I like that I can have a cookout of ribs and still offer ribs to people who don't eat meat," Gruber says. Plus, the ribs don't contain the high fat content of their beef and pork counterparts, making them appealing to health-conscious diners.

Jim Sargood, general manager of Naples Tomato, Naples, Fla., read about pacu fish ribs five years ago while working as an executive chef at a country club. "We did a lot of cocktail receptions, so we were always looking for unique items to serve on the buffet," he says.

Pacu ribs traveled with Sargood to Naples Tomato. "The restaurant takes a creative American approach to Neapolitan food, which means we create recipes that incorporate unusual ingredients or unusual combinations of ingredients—often locally available ingredients," Sargood says. The use of pacu fish ribs paired with Honeybell oranges, a local Southwest Florida ingredient, is a perfect example of how the ribs fit into the restaurant's concept.

To prepare, the ribs are rubbed with a mixture of chopped herbs, black pepper and sea salt. Then they are charbroiled, and basted in a barbecue sauce made from housemade ketchup, Galliano, Lingham's hot sauce, brown sugar, Honeybell juice, honey and Worcestershire sauce. The ribs are served with coleslaw and fresh watermelon.

The dish is currently offered as a special. "It's been pretty popular," Sargood says. "So, as we continue to run it, it may make it onto the regular menu."

CHAIN SUCCESS

Even chain restaurants are serving pacu. Truluck's Seafood, Steak & Crab House, a 10-unit operation based in Houston, has rotated pacu fish ribs on and off the menu for the past two years. Initially an appetizer, the ribs became so popular that they began selling as an entrée, too, says Brian Wubbena, director of culinary operations.

Wubbena's seafood distributor first exposed him to pacu ribs. "I thought it was pretty crazy. I never saw anything like it," he says. "Once I cooked them, I realized how easy it was to eat." He prefers grilling the ribs first and finishing them in the broiler. "The flesh itself is very delicate. That contrasts nicely with crispy skin," he says.

At Truluck's, pacu ribs are dressed in a pickled-watermelon-rind barbecue sauce and served with grits and coleslaw. Wubbena has also marinated them in miso and served them alongside seaweed salad.

Pacu ribs are comparable in price to pork or beef ribs. Wubbena estimates paying $8 to $10 for a pound, and sells the ribs for $11 (appetizer) and $21 (entrée). "I use it as a lower-priced menu item, since it's such an unusual item," he says. "If you sell

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something unusual at a higher price, it may not go over well."

But the ribs did go over well. Even Truluck's pickiest market, Boca Raton, Fla., "went crazy for them," Wubbena says.

CROWD PLEASER

Sosa at Sammy's Seafood is not surprised at pacu's popularity. "It's a really cost-effective item, since the ribs are already processed. Just season or marinate them, and throw them on a grill," he says. However, he cautions that despite the ribs' success, they can be difficult to obtain. "It's not stocked continuously."

When fish ribs become available, chefs should consider serving them for the playful touch they add to menus. "Guests usually react with surprise. It's surprising that you can do things like this with fish," says Sargood. "The ribs are also versatile and adaptable to different restaurant concepts. You can use different flavors with them. You can grill them, braise them, pan-sear them or bake them.

"Fish ribs have picked up momentum around the country as a trendy menu item, but I think you will start to see them become a more-mainstream menu item, not only in seafood restaurants, but also in upscale restaurants that want to add something playful to their menus."

"The fish ribs go over pretty well," says Pandel. "Diners don't know what they're getting into, but are usually pleasantly surprised."

Wubbena admits that fish ribs can be a weird concept at first for even chefs to understand. During a chef conference, his seafood purveyors set up propane burners to show Truluck's chefs how to prepare the ribs.

"Once they saw it, they got excited about serving it," he says.

Melanie Wolkoff Wachsman is a freelance writer based in Louisville, Ky., and a former editor of Chef *and* Chef Educator Today.

At Naples Tomato, these fish ribs are served with an heirloom tomato/fennel/smoked jicama slaw with Gorgonzola/balsamic dressing.

Naples Tomato

Pacu Fish Ribs with Galliano/Honeybell Barbecue Sauce

Jim Sargood, General Manager
Naples Tomato, Naples, Fla.

Yield: 4 servings

½ cup sea salt
½ cup cracked black pepper
2 cups chopped herbs
4 pacu ribs
Olive oil, as needed
Galliano/Honeybell Barbecue Sauce (recipe follows)

Method: Combine salt, pepper and herbs. Precut ribs; rub with herb mixture. Lightly coat ribs with olive oil. Place on charbroiler. Cook, meat-side down, 4-5 minutes; turn over. Cook, rib-side down; baste meat side with barbecue sauce. After rib side has cooked 4-5, minutes, flip ribs over; baste rib side with sauce. Allow sauce to caramelize; flip and baste one more time. Serve immediately.

GALLIANO/HONEYBELL BARBECUE SAUCE

2 cups Galliano
2 (14-oz.) jars ketchup
½ cup Lingham's sauce
½ cup brown sugar
4 cups freshly squeezed Honeybell juice
½ cup honey
1 T. Worcestershire sauce

Method: In medium saucepan, heat Galliano over high flame; light to burn off alcohol. While alcohol is burning off, mix ketchup, Lingham's sauce, sugar, Honeybell juice, honey and Worcestershire sauce. Once flame has gone out, add to pan; mix thoroughly. Bring to a boil. Reduce heat; reduce liquid by a third. Remove from heat. Cool in ice bath.

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RAISING *the* Bar *on* CLASSIC AMERICA

To some operators and guests, a gourmet approach to retro American comfort food makes the most sense at the bar.

By Jody Shee

THE day has come—evidenced by the success of gastropubs—when going to the bar for drinks and dinner is just as natural to guests as making reservations at a fancy white-tablecloth restaurant. Only, bar food is cheaper.

The changing dining psyche has been a huge boost for bars, which typically have made their fortune by the glass. Now, offering great small-plate approachable food at reasonable prices is a recipe for success.

And among bar food trends is classic American comfort food with a creative twist. Pretzels, macaroni and cheese, pizza, fries, meatloaf and tater tots already have instant access to the American heart, but with a little culinary crafting, these items become superstars on the bar menu.

NIBBLES AND BITS

Next to tapas, bar/pub food is the up-and-coming thing, says Thomas Macrina, CEC, CCA, AAC, executive chef at The Desmond Great Valley Hotel and Conference Center, Malvern, Pa. "A lot of people want appetizers for dinner. They want small plates so they can try different things. We are here to take care of what the customer wants."

For the customer who leans toward pretzels, Macrina made must-haves out of his soft pretzel rolls when he put them on the menu with mushroom, crab and Italico™ cheese dip. He slices the roll in half lengthwise and uses the bottom to hold the dip of Maryland crabmeat sautéed with a blend of wild mushrooms. He adds spinach and julienned sun-dried tomatoes, blends with cheese, and seasons with salt,

Melt Bar and Grilled

This Big Popper sandwich is a take on jalapeño poppers, deep-fried and all. It's one of the most popular sandwiches on the menu at Melt Bar and Grilled in Lakewood, Ohio.

pepper and a little Old Bay. He cuts the top half of the roll into triangles so guests can dip the pieces in the dip. It's been a popular shareable item, he says.

BBQ pork rinds are a popular snack most anywhere, but at The Liberty, a gastropub in Charlotte, N.C., it's a good thing guests love them because the fresh servings are a great way to help utilize the entire black Berkshire pigs the gastropub uses in so many dishes. The naturally raised, high-end pork is cured and processed in-house, with nothing going to waste. Chef/owner Tom Condron fries the rinds to order, tossing them in his own barbecue seasoning mix. They come to the table still crackling.

Pimento cheese and crackers might provide the most "I remember when" reaction from guests at The Liberty. To help conjure the memory, Condron serves his version of pimento cheese spread (made with leftover cheeses, fresh-made mayonnaise, roasted pimento peppers and various seasonings) in a little glass jar on the plate along with crackers (often sesame seed) and a mound of slaw made of julienned carrots, celery and jicama tossed in a creamy coleslaw dressing. "It's a build-your-own idea, and it's very popular," he says.

The Liberty, which emphasizes local, seasonal food with "great crafted American and European beers," opened in October 2009. "People said I was crazy to open when we did, with the economy," says Condron. "But it's affordable and approachable."

SANDWICHED GOODNESS

Other chefs put America's favorites between two slices of bread. It's how Matt Fish, chef/owner of Melt Bar and Grilled in Lakewood, Ohio, makes his living. He opened the bar and grill in 2006 with a gourmet grilled cheese emphasis, but he has spread his sandwich wings beyond, including opening a second location in May in Cleveland Heights, Ohio.

When working with the classics, he feels compelled to upgrade. "I'm never satisfied with any recipe I write. I'm always changing it. I still like classic grilled cheese, but breads are astronomically better than the ones I had as a kid. I like to take sandwiches to a totally different level, inventing a better mousetrap."

It's something he definitely accomplished with his take on jalapeño-poppers-turned-sandwich. For his Big Poppers, he chops and sautés jalapeño peppers and combines them with his own herb cream cheese mixture, which he slathers on bread. He adds a slice of cheddar cheese, closes up

Batter and Spread

The cult-like following for Melt Bar and Grilled in Lakewood, Ohio, has everything to do with the food. Chef/owner Matt Fish's sense for what guests will love leads him to beer-battering sandwiches and judiciously spreading herb cream cheese here and there.

His famous Big Popper sandwich incorporates both. He also uses the cream cheese spread on The North Coast Shores Crab Cake Sandwich and as part of The Melt Challenge, the mega grilled cheese sandwich featuring all 14 of the restaurant's cheeses. The beer batter also encases the Monte Cristo Sandwich and the Lake Erie Monster Walleye Sandwich. In fact, on request, any sandwich on the menu is available beer-battered and deep-fried.

BEER BATTER

Yield: 2 quarts

6 eggs
½ cup buttermilk
1 cup Guinness draft beer
2 t. kosher salt
1 t. black pepper
½ t. chili powder
2½ cups flour
½ t. baking powder

Method: Mix eggs, buttermilk and beer in large measuring cup; blend thoroughly. In large mixing bowl, combine salt, pepper, chili powder, flour and baking powder. Add wet ingredients to dry; whip until smooth. Store in squeeze bottles in cooler.

HERB CREAM CHEESE

Yield: 2 quarts

3 lbs. cream cheese, softened
1 T. basil
1 T. oregano
½ t. rosemary
1 t. thyme
1 t. sage
1 t. black pepper
1 t. kosher salt
¼ t. chili powder
1 T. garlic

Method: In bowl, with wire whip, mix cream cheese until smooth. Add herbs, pepper, salt, chili powder and garlic; mix until smooth and well incorporated. Split into two 1-quart rounds; cover. Store in cooler.

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The Mushroom Council

Rockit Bar & Grill in Chicago adds a twist and extra value to its steak fries with a fondue of sautéed shiitake mushrooms and Brie.

the sandwich, beer-batters the entire thing and drops it in the fryer until it turns golden-brown. He serves it with sweet berry sauce—a sugar-sweetened strawberry, blackberry and raspberry reduction.

He's even made a sandwich out of lasagna. Called "The Godfather," Fish layers three-cheese lasagna, using fresh fennel/oregano pasta sheets with spicy red sauce and provolone on garlic bread.

Pierogis are a classic comfort food in Cleveland, where there is a large Polish population. With the city of Parma, Ohio, considered the capital of the Polish community in that area, Fish has made a sandwich out of pierogis and dubbed it "The Parmageddon." He pan-fries his potato and cheese pierogis and includes fresh napa vodka kraut, grilled onions and sharp cheddar cheese. "It's an enormous sandwich, full of flavor," he says.

When Casey Sullivan joined Chicago's The Violet Hour bar as executive chef in the spring, he set to work on a new county-fair-style food menu. He added chili dogs, tater tots and donuts with great success. But one of his new menu favorites is the Meatloaf Sandwich with Tomato Sofrito on Pullman White Bread. It's a combination of equal parts beef and pork with a standard mirepoix, Worcestershire sauce, cream, egg, oatmeal and Applejack brandy. It's made along the lines of a French pâté, in which cognac would be an ingredient, but Sullivan switches in American apple brandy. "It gives it that flavor with a bit of muscle or character to it," he says. He lines a baking pan with smoked bacon, places the meat mixture on top and encloses it completely in the bacon before wrapping in foil and roasting at 350°F.

His meatloaf sauce is certainly no ketchup. He pulses a basic mirepoix (including fennel) in a processor and cooks it in oil at a low temperature with salt, pepper and a bit of sugar until it's a caramelized dark brown. He only adds tomatoes well into the process so that they don't completely lose their color. "It takes five or six hours altogether, and it smells like Thanksgiving in the kitchen," Sullivan says.

What could have acceptably been a basic Philly cheese steak bar sandwich became something to talk about at Rockit Bar & Grill in Chicago when executive chef James Gottwald got to the kitchen one morning thinking about such a sandwich and saw he had leftover egg roll wrappers. He shoved the meat mixture (with caramelized onions and white American cheese) into the wrappers, folded and deep-fried them. Thus was born Rockit Pockets, with Heinz ketchup as dipping sauce. Gottwald is director of culinary operations for Rockit Ranch Productions Inc., Chicago, which operates four restaurants.

The pub at The Desmond Great Valley Hotel and Conference Center needed a turkey sandwich. To give it an upscale twist, Macrina chose his pretzel roll as the bread. The smoked turkey sandwich includes Italico cheese, honey-Dijon mustard, tomato, red onion and spinach. He chose Italico cheese (a trademark of Belgioioso Cheese Inc.) for its Brie-like flavor. "It's denser, like mozzarella, but it tastes like Brie with a bit of a nutty flavor. It goes well with turkey," Macrina says.

PERENNIAL FAVORITES

Opportunities abound to add imagination to American classic comfort bar-friendly food with french fries, tater tots, macaroni and cheese, pizza and franks and beans.

The Liberty

As part of a friendly appetizer, here, The Liberty in Charlotte, N.C., includes housemade pimento cheese spread with crackers.

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MENU INSPIRATION

Just think of the classic American items that could benefit from your arsenal of signature ingredients and preparations for the bar menu. You can hardly go wrong with the favorites your guests grew up with. Notice what bars have recently done with their menus.

Taste Gastropub opened in April in Delray Beach, Fla., with a menu developed by Allen Susser, owner of his namesake Chef Allen's Modern Seafood Grill in Aventura, Fla. Here's a sampling of the new menu:

- House-marinated Olives with Roasted Garlic and Almonds
- Housemade Potato Chips with Garlic, Chive and Caramelized Onion Dip
- Chorizo-stuffed Piquillo Peppers with Melty Sheep's Milk Cheese
- Jerk Chicken Wing Lollipops with Sweet and Spicy Fresh Mango Barbecue Sauce
- Florida Rock Shrimp with Peanut Brittle, Chilies, Soy Lime and Coriander
- Lobster Mac and Cheese
- Duck Confit Pot Pie

The Capital Grille, owned by Darden Restaurants, Orlando, added a savory assortment to its bar menu in May, including:

- Shrimp Tossed in Ginger and Mustard Vinaigrette
- Lollipop Lamb Chops
- Miniature Tenderloin Sandwiches with Wild Mushrooms and Boursin Cheese

SideDoor is the lounge recently turned into a gastropub at Five Crowns Restaurant in Corona del Mar, Calif. Notice some of its takes on comfort food:

- Smokey Blue Cheese Potato Chips
- White Chicken Chili with Sour Cream and Tortilla Strips
- Spicy Butter Scallops with Fennel Soubise
- Shelton Farms Chicken Pot Pie
- Beef Fat French Fries with Aïoli
- Chicken Chili Cheese Fries
- Chocolate Peanut Butter and Jelly Bombe

As Macrina plans the bar menu, he remembers the bar's purpose: "We're there to sell alcohol. The food must make you want to have a drink. It must go well with a glass of wine, a martini or beer," he says.

He created a quick, tasty and colorful Italico Flatbread Pizza with Fig Preserves, Strawberries and Macadamia Nuts. He simply spreads fig preserves over flatbread and tops with chopped macadamia nuts and strawberry slivers. The flatbread goes in the oven for three or four minutes. "Then we put the Italico cheese on it and put it back in the oven to finish it off," Macrina says. The Brie flavor of the Italico cheese goes well with the fruitiness of the fig preserves and strawberries—a combination inspired by strawberry Fig Newtons.

The gastropub food at Garden at the Cellar in Cambridge, Mass., must be fun and inexpensive with high perceived value, says chef William Gilson. Among other things, he accomplishes that with his $5 homemade tater tots, which aren't ordinary. They are actually potato croquettes—mashed potato balls bound with choux paste—breaded with box potato flakes and deep-fried. "It's our upscale version of approachable food," he says.

His franks and beans is a cassoulet of various beans, including garbanzo, cannellini and fresh soy beans, combined with whatever sausage is being made in-house that day, which could be pork and truffle with cumin or a venison sausage smoked in-house. He adds a molasses and butter emulsion as the sauce. "Our take is much

The tater tots served at Garden at the Cellar in Cambridge, Mass., are really potato croquettes—mashed potato balls bound with choux paste—breaded with box potato flakes and deep-fried.

better than canned beans and hot dogs. It's a dish everyone enjoys," Gilson says.

Mushroom Fries with Brie is a best-seller at Rockit Bar & Grill. It was created as an answer to the popular cheese fries sold elsewhere in the neighborhood. "At Rockit, everything needs a culinary twist," Gottwald says. He combines sautéed shiitake mushrooms and Brie cheese into a fondue-like melt and adds to hearty skin-on steak fries. "The response has been insane. It's gone way beyond what I thought would happen," he adds.

Anything you add to macaroni and cheese will sell, says Condron with The Liberty. "We change up ours all the time." Sometimes, it's Maine lobster along with an infusion of lobster butter and lobster cream sauce. Other times, Condron uses some of his pimento cheese spread instead of cheddar cheese. Or, it might become smoked tomato macaroni and cheese or local goat cheese.

Jody Shee is a freelance writer and former magazine editor based in Olathe, Kan. She specializes in foodservice, with 20 years of editorial experience.

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BREAKFAST *for* Dessert?

Breakfast ingredients make an easy transition to dessert preparations.

By Rob Benes

BREAKFAST foods and ingredients have a new home on the menu: desserts. But many breakfast-enamored chefs admit their interpretations of familiarity and nostalgia are sometimes first met with bewilderment.

"People expect to find overly sweet treats on the dessert menu," says Bernard Guillas, executive chef at The Marine Room, La Jolla Beach & Tennis Club, La Jolla, Calif. "But if you take the time to prepare a healthy and flavorful dessert using breakfast ingredients that people are familiar with, present it in an elegant manner and have the dessert satisfy their end-of-the-meal sweet craving, people will be receptive."

Hedy Goldsmith, executive pastry chef at Michael's Genuine Food & Drink, Miami, says another key element in preparing breakfast-inspired desserts—and any dessert, for that matter—is to not overthink the recipe. "Keep desserts fun and playful using familiar food along with new or current ingredients," she says. "Don't be too serious about what you're making, and try to invent a dessert that makes guests ask themselves what they're eating."

MANAGEABLE DESSERTS

Goldsmith menus two breakfast-inspired desserts: a tangerine creamsicle pot de crème with hot buttermilk donuts and blackberry tarragon marmalade, and a French toast panini. "A pot de crème is delicious on its own, but I believe the donuts are why people are ordering the dessert," she says. "The donuts give a contrasting texture and flavor to the pot de crème."

She says the impetus for the dessert was just to be playful and fun. "Donuts are traditionally a breakfast item, but why can't they be an anytime-of-the-day thing, and especially served for dessert?" Goldsmith says. "It's one of our biggest sellers."

Bernard Guillas reinterprets the classic crème brûlée with this Irish steel-cut oatmeal crème brûlée with apple/fig salad at The Marine Room.

Bernard Guillas

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Irish Steel-Cut Oatmeal Crème Brûlée with Apple/Fig Salad

Bernard Guillas, Executive Chef
The Marine Room, La Jolla Beach & Tennis Club
La Jolla, Calif.

Yield: 6 servings

4 cups water
½ t. salt
1 cup Irish steel-cut oatmeal
¼ cup sun-dried blueberries
¼ cup chopped sun-dried pears
¼ cup chopped toasted hazelnuts
1 T. pure maple syrup
2 T. crème fraîche
6 T. turbinado sugar
Apple/Fig Salad (recipe follows)

Method: In medium saucepan, combine water and salt over medium-high heat. Bring to a boil. Gradually add oats, stirring constantly. Reduce heat to a low simmer; cook 20 minutes, stirring frequently. Add blueberries and pears; cook an additional 10 minutes, or until water is absorbed. (Oats should be creamy.) Fold in hazelnuts, maple syrup and crème fraîche. Divide among 6 (6-oz.) ramekins. Spread 1 T. sugar evenly over top of each oatmeal-filled ramekin. Caramelize to mahogany-brown using crème brûlée torch or blow torch. Garnish with apple/fig salad.

APPLE/FIG SALAD

6 large black mission figs, stemmed, cut in 8 wedges
1 green apple, cored, cut in matchsticks
2 T. finely chopped mint leaves
1 t. hazelnut oil
1 t. vincotto vinegar

Method: Gently toss figs, apple, mint, oil and vinegar in medium mixing bowl.

Two bite-size donuts, including the donut holes, are served per order. "I try to keep my desserts on the smaller size, because I believe too much food is overwhelming and guests may not finish what they ordered, which is such a waste," Goldsmith explains. "I want desserts to be manageable-looking and manageable to finish."

Jackie Sayet

Hedy Goldsmith's tangerine creamsicle pot de crème comes with hot buttermilk donuts and blackberry tarragon marmalade at Michael's Genuine Food & Drink.

When the donuts come out of the hot oil, they are tossed with an anise-seed sugar so they are slightly salty and sweet. To add more excitement to the dessert, guests are encouraged to dip the donuts in the blackberry tarragon marmalade to turn them into miniature jelly donuts.

Goldsmith's pot de crème is made in a somewhat nontraditional way because she uses a common breakfast drink, juice, as a key ingredient. Typically, pot de crème is made with all cream, but because Michael's Genuine Food & Drink is in Florida, Goldsmith has an abundance of citrus crops to choose from and makes custards with different juices. Her recipe calls for one part fresh-squeezed tangerine juice to three parts heavy cream. "The dessert is still rich, because it has egg yolks and heavy cream, but the richness of the dessert is cut by half because of the citrus," she says.

Cara Cara orange marmalade and crème fraîche are placed on top of the custard to add even more depth of flavor. "Pastry sometimes can be overwhelming and overly sweet, so I try to balance my desserts," Goldsmith says. "This particular dessert has some sour from the crème fraîche, rich tartness from the citrus, aromatic from the tarragon, salty and sweet from the donuts and sweetness from the marmalade."

Goldsmith says her French toast panini is reminiscent of a wonderful morning meal. "When the item is baking on the panini press, the entire restaurant is perfumed with the smell of French toast," she says.

The panini is a great item because it can be served year-round by changing the ingredients based on the season. "It could be feta and Honeycrisp apples, pears and Manchego, or bananas, toffee, dulce de leche, sweet condensed milk and sea salt. The possibilities are endless," Goldsmith says. The ingredients are sandwiched between two slices of buttered brioche sprinkled with cinammon sugar, which is then pressed in the panini maker. The panini is served with a mini hot fudge sundae topped with pieces of salted peanut brittle.

Desserts are priced at $9 each, with food costs at 18%.

HEALTHY AND SATISFYING

Guillas says he wants to include at least one dessert (if not more) that is healthy and balanced in flavor, so he settled on a staple breakfast ingredient to reinterpret the classic dessert crème

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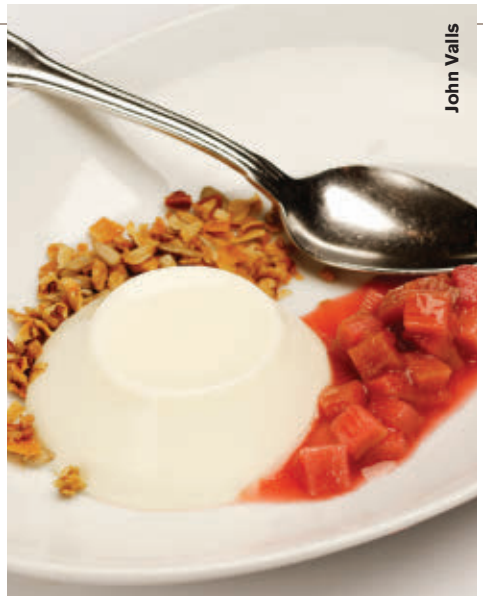
John Valls

Buttermilk panna cotta with huckleberry compote and granola at Paley's Place follows a traditional panna cotta recipe/method, but Lauren Fortgang substitutes buttermilk or yogurt for part of the cream, to add tanginess.

brûlée. "Oatmeal is healthy to eat, and it's something that people would not expect to see in a dessert," he says. "Oatmeal is my base, and what fruit is in season dresses the plate."

He admits that the traditional crème brûlée is smooth and creamy, but his oatmeal version has a slightly different mouthfeel. "The oats give the brûlée a chewy texture with a nutty flavor," he says, "but I add a few tablespoons of crème fraîche to achieve some creaminess to get the traditionally crème brûlée mouthfeel. Usually, oatmeal is tight, but this presentation is much looser."

Guillas prefers to use Irish steel-cut oats rather than rolled oats because of the enhanced nutty taste and perceived health benefits. He says the steel-cut oats will increase the cooking time by half, but the extra time is worth the wait.

During the oats' cooking process, he adds sun-dried blueberries and chopped sun-dried pears, chopped hazelnuts, maple syrup and crème fraîche (this brûlée version does not need to be cooked in the oven or chilled in the cooler). After the brûlée has finished cooking, a tablespoon of turbinado sugar is spread evenly over the top of each oatmeal-filled ramekin, which is then caramelized to a mahogany-brown color with a blow torch. Finally, the brûlée is garnished with an apple/fig salad.

"When put together, the dish looks exactly like a traditional crème brûlée," Guillas says. "This recipe is particularly exciting to children because they initally think they are eating a sweet treat, but come to realize it's a sweet and healthy treat. Chefs always think about what adults would eat, and think children will only want cookies and ice cream for dessert."

Guillas' brûlée is priced at $6.75, with food costs at 20-25%.

SIMPLE AND SMART

Sometimes the simplest foods are the smartest ones to serve. Take, for example, the Belgian waffle dessert that chef/owner Alan Carlson of Italian Colors Restaurant in Oakland, Calif., makes using a 17-year-old sourdough starter. "People are ordering it because they are so familiar with what a waffle is and what it represents," he says. "The smell of a waffle cooking is so recognizable. It's a comfort food that reminds people of being at home with their family in the kitchen."

He came up with the idea of serving the sourdough waffle after preparing it for fellow chefs. "I get together with chefs in the Bay Area the first Monday of every month, when we cook for one another. I whipped up a batch of the waffles, and everyone loved them and said I should have them on my menu," Carlson says. "I honestly didn't think they'd sell, but I can't keep up with the orders. I sell about a dozen every night, with more on the weekends."

Alan Carlson

Sourdough Belgian waffles at Italian Colors Restaurant, served with vanilla bean gelato, fresh fruit and caramel sauce, begins with a 17-year-old sourdough starter in Alan Carlson's kitchen.

The 7½-inch by ½-inch-thick waffle is divided into four squares and topped with vanilla-bean gelato, fresh fruit and caramel sauce. "The dessert is reminiscent of being served a scoop of ice cream in a waffle cone," Carlson explains. "But the sourdough makes the waffle extremely airy and fluffy, so the dessert is much lighter than a traditional flat and crunchy waffle cone packed with ice cream. Plus, the way the waffle is baked into four squares, it's a great sharing dessert for two people or a party of four."

Carlson says the dessert gives a wow factor to dinner because it makes the meal memorable. "I just imagine guests telling their friends, 'Hey, I had a waffle for dessert that tasted like eating a waffle cone with ice cream,'" he says. "It's a good promotional

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item to serve because it gets people talking about the restaurant, and that gets people who have not visited the restaurant want to come in for a meal—and the waffle dessert."

Carlson charges $7 per order, with an 18% food cost.

SWEETS BETTER SERVED LAST

"Breakfast items tend be on the sweet side, which actually makes more sense for them to be served at the end of a meal," says Lauren Fortgang, pastry chef at Paley's Place, Portland, Ore.

Fortgang's buttermilk panna cotta with huckleberry compote and granola shouts breakfast (she also changes the recipe to be a yogurt panna cotta with rhubarb jam and granola). "I follow a traditional panna cotta recipe and method, but substitute buttermilk (or yogurt) for part of the cream. The substitution adds a bit of tanginess to the dessert and cuts through the sweetness of the jam or compote," she says.

"Granola makes perfect sense to complement the creaminess of the panna cotta, because it has a contrasting texture with so much crunch and an abundance of flavors coming from coconut, oats, sunflower seeds, hazelnuts, olive oil, maple syrup, brown sugar and salt."

She also menus the breakfast indulgence brioche pain perdu, which, translated literally, means "lost bread." Traditionally, stale bread is soaked in an eggy mixture. Fortgang soaks her brioche in a bread-pudding-type custard made with cream, egg yolks, sugar and milk. She also sugars the outside of the brioche before cooking it in a sauté pan with butter to give the toasted bread a bit more crunch when bitten into, as well as a bit of caramelization and sweetness.

She serves the pain perdu with oven-roasted fruits, such as apple, pears or plums, a fruit preserve or a compote and vanilla ice cream.

Desserts are priced at $9 each, with a 20% food cost.

Rob Benes is a writer and former editor of Chef *and* Chef Educator Today. *He specializes in foodservice and is based in Chicago.*

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STYLISH Sandwiches

This versatile menu item is a blank slate for creative chefs.

By Kay Orde

A SANDWICH isn't just for lunch anymore . . . or for breakfast, either. Chefs are introducing this popular item to other parts of the menu, from bar food to appetizers and small plates to full-blown entrées. The attraction is the many forms this dish can take and the slew of flavorful ingredients that combine to make it a masterpiece.

Portobello Panino with Comice Pears

Jennifer Jasinski, Executive Chef/Owner
Rioja
Denver

Yield: 24 servings

24 portobello mushrooms
12 oz. extra-virgin olive oil
Salt and black pepper, as needed
12 Comice pears
24 whole-wheat panini rolls (Jasinski's recipe can be found at www.mushroomcouncil.org)
1½ cups Basil Aïoli (recipe follows)
12 oz. fresh arugula
1½ lbs. Gorgonzola cheese
1½ lbs. mixed greens
36 oz. balsamic vinaigrette

1) Remove mushroom gills with spoon; clean mushrooms with wet towel. Toss mushrooms with oil; season with salt and pepper. Slowly grill until tender. (May be grilled ahead and re-warmed, or grilled to order.) Slice ¼-inch thick. 2) Cut pears in quarters lengthwise; core. Slice ⅛-inch thick. 3) To assemble sandwich: Cut 1 panini roll in half. Spread 1 T. basil aïoli on cut side. Layer with slices from ½ pear, ½ oz. arugula, 1 oz. Gorgonzola and 1 sliced warm mushroom. Cut sandwich; plate. Serve with side of 1 oz. mixed greens tossed with balsamic vinaigrette, salt and pepper.

BASIL AÏOLI

1¼ cups olive oil
5 garlic cloves
1 T. Dijon mustard
2 T. lemon juice
1 large egg yolk
1½ oz. (about 2 cups) chopped fresh basil
Pinch of sugar
Salt and pepper

Method: In small pot, put oil and garlic cloves on medium heat until garlic is golden-brown. Strain cloves from oil. Cool oil; reserve. In food processor, add roasted garlic, mustard, lemon juice and egg yolk; start to process. Add basil; process 1 minute. Slowly stream in cooled oil to emulsify. Add sugar and salt and pepper, to taste. Transfer aïoli to small container. Refrigerate.

Vietnamese-style Sausage Banh Mi Sandwich

James Murray, CEC, Corporate Chef
Johnsonville Sausage
Sheboygan Falls, Wis.

Yield: 12 servings

12 (8-inch) soft French sandwich rolls, split
¾ cup wasabi sandwich sauce
2¼ lbs. Johnsonville® Hot 'N Spicy Sausage Slices, ¼-in. bias sliced
1½ lbs. peeled seedless cucumbers, thinly sliced
¾ cup cilantro leaves
12 oz. julienne pickled carrot (with daikon, optional)
Creamy Wasabi Coleslaw (recipe follows)

Mushroom Council

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Johnsonville Sausage

Method: Spread 1 split sandwich roll with 1 T. wasabi sauce. Heat 3 oz. sausage slices on grill. Layer sandwich with 2 oz. (⅓ cup) cucumber slices and sausage. Top with 1 T. cilantro leaves and 1 oz. (¼ cup) julienne pickled vegetables. Close sandwich; press gently to secure filling. Serve with creamy wasabi coleslaw.

CREAMY WASABI COLESLAW

1 cup creamy slaw dressing
2 t. prepared wasabi
1 lb. shredded cabbage

Method: Combine slaw dressing and wasabi. Pour over shredded cabbage; stir to coat evenly.

R.J. Grunts French Dip Enigma

R.J. Grunts
Chicago

Yield: 4 servings

2 lbs. beef inside round
½ cup vegetable oil
2 T. salt
1 T. black pepper
1 T. granulated garlic
1 quart beef stock
1 loaf French bread
2 T. garlic butter
Horseradish sauce, as needed

1) Pat beef dry; place on baking sheet. Combine vegetable oil, salt, pepper and garlic. Smear mixture over beef. Put in preheated 350°F oven; cook until rare, or to an internal temperature of 125°F. 2) Remove from oven; cool. Reserve pan drippings. When beef has cooled, slice wafer-thin. 3) For beef jus, heat beef stock; add reserved pan drippings. 4) Cut French bread into four 8-inch pieces; cut each piece in half lengthwise. Spread garlic butter on cut sides of bread; toast until golden. 5) Heat sliced beef in hot beef jus 2-3 minutes, or until hot. (Do not overcook.) Remove beef with tongs; place on French bread. Serve with beef jus and horseradish sauce on side.

Recipe courtesy of Lettuce Entertain You Enterprises

Lettuce Entertain You Enterprises

Kobe Flank Steak Sandwich

Janine Falvo, Chef
Carneros Bistro and Wine Bar
Sonoma, Calif.

Yield: 6 servings

1 (2 lb.) wagyu flank steak
Salt and pepper, as needed
1 (1 lb.) loaf sourdough bread, sliced
Jalapeño Mayonnaise (recipe follows)
Pickled Onions (recipe follows)
Avocado/Tomato Salsa (recipe follows)

1) Heat grill to medium-high. Season flank steak with salt and pepper. Cook on grill to desired temperature (5-7 minutes on each side for medium-rare). Remove from grill; allow to rest 10 minutes. Slice thin against grain. 2) To assemble: Place bread on grill to toast. Spread jalapeño mayonnaise on bread; place sliced steak on top. Top with pickled onions and avocado/tomato salsa.

JALAPEÑO MAYONNAISE

2 jalapeños
1½ oz. egg yolks
1 garlic clove
8 oz. canola oil
1 oz. lime juice
Salt and pepper, to taste

Method: Cut jalapeños in half; roast on hot grill. (Remove seeds for less-spicy mayonnaise.) Set aside. Put egg yolks, roasted jalapeños and garlic clove in food processor; process on high until yolks become thick. Slowly add oil to emulsify mayonnaise. Add lime juice. Season with salt and pepper.

PICKLED ONIONS

6 oz. red wine vinegar
8 oz. water

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California Avocado Commission

2 t. salt
10 peppercorns
2 large red onions, julienned
3 T. sugar

Method: Bring vinegar, water, salt and peppercorns to a boil in medium pot. Remove from heat; allow to cool 20 minutes. Put onions in large bowl; pour pickling liquid over onions. Refrigerate at least 1 hour. Remove onions from liquid; toss in sugar.

AVOCADO/HEIRLOOM-TOMATO SALSA

3 large fresh California avocados, small dice
3 heirloom tomatoes, small dice
½ oz. cilantro, minced
1 T. olive oil
1 oz. lime juice
Salt and pepper, to taste

Method: Combine avocados, tomatoes, cilantro, olive oil and lime juice in bowl. Season, to taste, with salt and pepper.

Mini Duck Burgers

Cindy Pawlcyn, Executive Chef
Cindy's Backstreet Kitchen
St. Helena, Calif.

Yield: 4 servings

1 lb. ground duck
1 scallion, white + bit of tender green, minced
1 t. peeled grated fresh ginger
1½ t. minced garlic
1 T. Mongolian Marinade + additional for basting (recipe follows)
1 t. salt
¼ t. freshly ground black pepper
8 small sesame brioche buns, split
1-2 T. butter
Shiitake Mushroom Ketchup (recipe follows)
2 cups arugula
Chinese-Style Mustard Sauce (recipe follows)

1) Combine duck, scallion, ginger, garlic, 1 T. marinade, salt and pepper in large bowl; mix well. Cover; refrigerate at least 1 hour and up to overnight. **2)** Portion duck mixture in 2-oz. (¼-cup) mini patties. Grill over medium-high heat 2-3 minutes per side, basting with marinade. Toast buns; lightly butter. Place burgers on bun bottoms; top each with shiitake ketchup, arugula and drizzle of mustard sauce. Add bun tops.

MONGOLIAN MARINADE

½ cup hoisin sauce
1½ t. sugar
2¼ t. tamari
2¼ t. sherry vinegar
2¼ t. rice vinegar
1-2 scallions, white + light green parts only, minced
½ t. Tabasco sauce
¾ t. black bean chili sauce or hot garlic sauce
¾ t. grated peeled fresh ginger
2¼ t. minced garlic
¼-½ t. freshly ground white pepper
2 T. minced cilantro leaves and tender stems
1½ t. sesame oil

Method: Whisk together all ingredients in stainless steel or ceramic bowl.

SHIITAKE MUSHROOM KETCHUP

1 lb. shiitake mushrooms, stemmed, quartered
2-3 T. olive oil
1 onion, finely diced
½ t. salt
½ t. freshly ground black pepper
¼ cup balsamic vinegar
2 t. minced garlic
2 T. molasses
¼ bunch basil leaves, chopped
¼ cup Mongolian Marinade

Method: Sauté mushrooms in oil until tender. Add onion; cook until translucent. Add remaining ingredients; reduce until mixture coats back of spoon. Refrigerate. Heat to serve.

CHINESE-STYLE MUSTARD SAUCE

¼ cup sugar
2 T. Colman's mustard powder
1 large egg yolk
¼ cup red wine vinegar
6 T. crème fraîche or sour cream

Method: In double boiler, combine sugar and mustard; whisk to blend thoroughly. Whisk in egg yolk and red wine vinegar. Whisking constantly, cook until mixture is thick enough to ribbon. Cool. Add crème fraîche or sour cream.

Maple Leaf Farms

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COME *to the* Dark Side

More beer drinkers are choosing dark brews.

By Kathryn Kjarsgaard

A BEER revolution is underway. People are choosing darker brews with more complex flavors and aromas than their pale counterparts. After a long run of popularity, lighter beers are taking a back seat to darker brews with more sophisticated flavors, aromas and food-pairing possibilities.

The movement actually brings Americans back to the style of beer that was ubiquitous in the early days of the U.S., according to Albert Schmid, CEC, CCE, CCA, chair of the beverage management, hotel/restaurant management and hospitality management programs at Sullivan University, Louisville, Ky. "The color of beer has changed from the time of the Pilgrims to the current day," says Schmid.

He says the German immigration of 1880 was significant, because immigrants brought technology with them that made it possible to consistently make a lighter colored beer. "Up to that point, when roasting the grain, they weren't consistent on the fire, so the grain would brown a little too much. The color of beer directly relates to the grain that's used and how long it's fired and roasted.

"You can see a difference in the color and texture of each. Darker beers are more viscous and heavy on the palate and light beers more refreshing and crisp."

HIGH ON DARK BREWS

Matthew Pera, co-owner with chef Tom Condron of The Liberty in Charlotte, N.C., also is witnessing the movement toward darker brews. "With the beer nerds, everybody started off with hoppy beers—the IPAs [India Pale Ales] and double IPAs," says Pera. "Then they got tired of that and moved on to stouts and porters, which are more sophisticated taste-wise. It's like when you first drink wine. You start with a giant Zinfandel and big Cabs, but end up with a Pinot Noir at the end of the day."

Bart Vandaele, chef/owner of Belga Café in Washington, D.C., says he's recently noticed guests trying to find "the red wine of beers. The American palate is drawn to those hoppy, sweeter tastes of dark brews. Also, many people enjoy the fact that many of the darker brews have a higher alcohol content."

Women also are increasingly open to dark brews, says Christina Perozzi, co-executive editor with Hallie Beaune of Los Angeles-based thebeerchicks.com. "Women are noticing dark beers because of their chocolaty, nutty and coffee qualities," she says. "They love them when they taste them."

Overall, she says, the message is finally getting through to people that dark beer is not bitter and heavy. "Craft brewers are leading the way in making beer in different flavor profiles. The color of the beer, not the flavor, tells you to what degree the ingredients are roasted. The education

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Matthew Warden

Estes Public Relations

is getting there, and people are better understanding dark beer. Craft brewers are seeing an acceptance, and making more."

Gregory Hall, brewmaster for Goose Island Beer Co., Chicago, believes the rise of craft brewers and brew pubs encouraged people to try darker beers. "We grew up in a generation with no choice, as beer was all light in color," he says. "But today, beer drinkers, bartenders and restaurateurs are much more open to beers with color."

Hall says Goose Island is seeing a large increase in demand for its dark brews, both at its two brew-pub restaurants in Chicago and among retailers. "American brewers are the most creative in the world. Most Americans drink light beer, but there are many 'good' beer drinkers, as well. More people are drinking craft beers every day."

THE LOWDOWN ON BEER

According to Schmid, there are two major types of beer: ale and lager. "The only difference is the type of yeast used to ferment them," he says. "There are dark ales and dark lagers."

On the lighter side of dark brews is the IPA, which is heavily hopped. Hops come from a flower on the hop vine that is high in alpha acids, and bitter. Hops act as a preservative, but the bitterness they impart also balances out the sweetness in the malt.

On the darker side are stouts, says Schmid. "Porter and stout are siblings. Porter is a darker beer that used to be known as 'three threads.' It was a mix of leftover beer poured together to make a darker ale. Then, stout became an offshoot of porter, as an even darker beer."

There are various types of stouts, including oatmeal stout, made with oatmeal to temper the barley. Imperial stout has a high hops/malt level, and its alcohol level is a little higher. Chocolate stouts have chocolate in them, such as one produced by Rogue Ales, Newport, Ore., says Schmid. The malt is roasted to a chocolate state, plus, chocolate is added.

Perozzi says there are many different types of dark beer, and they do not have to be for winter only. Smoked black lagers are a dark brew she likes, which is actually light in body and alcohol and great for summer. "Dark beers can be light and effervescent, and many are great for summer barbecues," she says.

Left: Diners at Belga Café enjoy the restaurant's wide selection of dark brews, including red ales and stouts. Right: The Liberty, the first gastropub in Charlotte, N.C., when it opened last year, has seen a move toward darker brews.

COMING OVER TO THE DARK SIDE

As more and more guests request darker brews, restaurants and craft brewers are meeting the demand by adjusting their offerings.

"In restaurants, you usually see Guinness and Murphy's," says Pera. "Now, bars need to have a tap reserved for something dark. That's what people are asking for. Everyone has the one European [beer], but it's not enough now. You need a craft dark brew on tap."

He says more microbreweries are making dark beers. "The microbreweries are the biggest beer nerds of all. They already made the transition. The dark beer movement has a special place in their hearts. It takes specialty and skills to make a well-balanced dark beer."

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Left to right, Dark Star Porter, Nut Brown Ale and American Pale Ale are a few of the darker brews at Louisville, Ky.-based Bluegrass Brewing Company brew pub.

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HOTTEST FOOD-PAIRING TREND: DARK BEERS

One reason for the rise of brew pubs is that they are producing their own beer and making food they think goes well with it, says Albert Schmid, CEC, CCE, CCA, chair of the beverage management, hotel/restaurant management and hospitality management programs at Sullivan University, Louisville, Ky. "Beer accounts for 40% of the alcoholic beverages people order with dinner. It beats out wine and spirits. Beer is wonderful to drink by itself, but I think beer pairs better with food than wine does. It goes with an incredible variety of foods."

Christina Perozzi, co-executive editor of Los Angeles-based thebeerchicks.com, frequently hosts beer-pairing dinners. She likes to suggest making a reduction sauce out of the beer served with a course. One recent dinner started with a beer champagne, *biere de champenoise*, which is a relatively new style, she says. "It's a Belgian beer shipped to the Champagne region. It's super effervescent and has a high alcohol content with honey and spicy nuances. Beginning with this beer was a play on the idea of starting a meal with glass of champagne."

According to Bart Vandaele, chef/owner of Belga Café, Washington, D.C., dark beers pair well with comfort foods, including dark meats such as braised short ribs.

Matthew Pera, co-owner of The Liberty, Charlotte, N.C., says favorites such as Expedition Stout are extremely food friendly, especially with grilled meats. "It's the same reason a Pinot Noir is great with food. There are more layers of complexity of flavor. For example, an India Pale Ale does not pair well with food, like a Zinfandel does not pair well with food. There's so much of something that it overpowers."

However, Gregory Hall, brewmaster for Goose Island Beer Co., Chicago, says the brewery's dark brews stand alone. "Our stouts are great at the end of a meal or with dark chocolate. Stouts are not meant to pair with food. There's too much flavor. They are like a single malt or port after a meal."

The Liberty has about 90 beers by the bottle and 19 craft brews on tap; 25-30% of the beer list is dark. Two favorites right now are Expedition Stout by Bell's Brewery, Inc., Galesburg, Mich., and Mephistopheles' Stout from Avery Brewing Co., Boulder, Colo.

Belga Café, which is D.C.'s original Belgian eatery, serves authentic Belgian cuisine along with 150 Belgian beers. Vandaele says the trend toward darker beers at his establishment is seasonal. "People want and crave the dark, spicy and rich flavors of the dark winter and Christmas ales during the snowy months."

About 40% of Belga Café's beer menu is dark brews, which includes red ales and stouts, and it offers between 30 and 40 different dark beers.

Goose Island's most popular dark brew is Bourbon County Imperial Stout, which is aged for 10 months in spent bourbon barrels. The brewery also makes a coffee stout to which Intelligentsia coffee is added after the beer is aged in barrels.

In addition, Goose Island makes Night Stalker, which is an Imperial stout that features an extra charge of hops for an aggressive, spicy and piney hop aroma, says Hall. On the lighter side, Mild Winter is a dark mild ale with a dark, tawny color, but with mild flavor from the spiciness of rye malt.

Schmid says many microbreweries make ales as opposed to lagers because they are easier to make. The temperature they are fermented at is higher, and there is a quicker turnaround.

THE FUTURE IS DARK

Looking to the future, Perozzi says it is still up to an educated bartender to point people in the right direction. "Men really don't know more about beer than women do. Men have a bravado about it, and many women are intimidated by it. But, the people who need to lead the way in the craft beer movement are the restaurateurs.

"When the beer list expands, that's when the beer revolution will really be here. You don't have to have a huge list. Five nice beers with different flavor profiles is what I want to see."

"We're looking at the beginning of the ascent of dark beer," says Pera. "Now, the really experienced beer people are moving to darker brews. The public is a year to a year and a half behind. In the future, we'll see more high-end dark beers on menus."

Kathryn Kjarsgaard is a freelance food writer based in Forest Park, Ill.

Goose Island's Night Stalker, an Imperial stout, has an aggressive, spicy and piney hop aroma from an extra charge of hops.

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A TOAST

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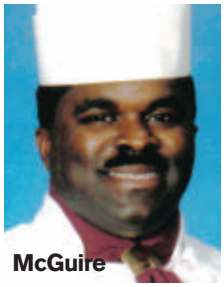
Cook

George Cook, pastry chef, IP Casino Resort & Spa, Biloxi, Miss., a member of Mississippi Gulf Coast Chapter ACF, took home first place and $300 in the chocolate competition during Mississippi Gulf Coast Chapter ACF's Chef Challenge held at the Gulf Coast Convention Center, Biloxi, May 5-6, sponsored by Gulf Coast Gaming Association. **Calvin Lipe,** sous chef, Chef4Hire Catering, Gulfport, Miss., also a Mississippi Gulf Coast Chapter ACF member, won first place and $300 in the fish competition.

Lipe

Edukaitis

Dave Edukaitis, executive chef, Cask Bar & Kitchen, New York, a member of ACF Professional Chefs of Northeast Pennsylvania, was named the chapter's 2009 Chef of the Year Dec. 14 at East Mountain Inn, Wilkes-Barre, Pa.


McGuire

Kevin McGuire, sergeant, U.S. Army, a member of ACF Pittsburgh Chapter, was named the chapter's 2009-2010 Chef of the Year at its recent awards dinner and student scholarship auction held at St. Clair Country Club, Pittsburgh. McGuire has served three active tours of duty, two of which were in the Middle East, where he and his platoon prepared daily meals for troops.

Pietrykowski

Mic Pietrykowski, CCC, chef-instructor, Waukesha County Technical College, Pewaukee, Wis., a member of ACF Chefs of Milwaukee Inc., received one of two 2010 Madonna Medals from Mount Mary College, Milwaukee, at the school's 2010 Reunion, April 21-25. The Madonna Medal represents the highest honor bestowed on an alumna by the Mount Mary College Alumnae Association.

Roberson

Lara Roberson, CJC, student, Eustis High School, Eustis, Fla., a member of ACF Gulf to Lakes Chefs & Cooks Association, Inc., was named Eustis High School Culinary Arts Student of the Year in May. She was recognized for playing a vital role in the school's culinary program, including volunteering more than 500 hours in the community.

Shoppell

San Shoppell, student, Kapi'olani Community College, Honolulu, a member of Chefs de Cuisine Association of Hawaii Honolulu, received one of five scholarships during the Michael E. Hurst Educational Forum at the National Restaurant Association Restaurant, Hotel-Motel Show in Chicago, May 22-25. In addition, **Judy Uerling, CEC,** ProStart teacher, Clovis High School, Clovis, N.M., a member of ACF Rio Grande Valley Chapter, was named ProStart Teacher of the Year for New Mexico and received one of two James H. Maynard Excellence in Education awards.

Uerling

Clovis News Journal, Liliana Castillo

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Staib

Walter Staib, chef/proprietor, City Tavern, Philadelphia, a member of ACF Philadelphia Chapter, hosts the second season of "A Taste of History," currently airing on PBS in Philadelphia and select stations nationwide. In the show, Staib brings the 18th century to life and explores America's culinary beginnings through the lens of City Tavern. In addition, Staib's first children's book, *A Feast of Freedom: Tasty Tidbits from the City Tavern* (Running Press, 2010), was released in May.

Zonka

Renee Zonka, CEC, MBA, RD, CHE, a member of ACF Windy City Professional Culinarians Inc., has been promoted to managing director of The School of Culinary Arts at Kendall College, Chicago. In her new role, Zonka will continue her duties as associate dean in addition to being responsible for budgeting, working with the school's Culinary Advisory Board and forecasting student flow to assist in scheduling classes.

Turcotte

David Turcotte, CEC, AAC, executive chef, U.S. Army, a member of Old Dominion ACF Chapter, was recently promoted to sergeant major. Turcotte is ACF Culinary Military Team USA manager, and has been a member, team captain and coach on U.S. regional and military teams since 1996.

Robert and John Zehnder

Zehnder's of Frankenmuth, Frankenmuth, Mich., has been mentioned in several culinary trade magazines recently. In its Jan. 25 issue, *Nation's Restaurant News* included Zehnder's as one of its 50 All-American Icons. In April's *Restaurants & Institutions*, Zehnder's was No. 2 in customer counts and total number of seats for 2009, and No. 36 in total sales among independent restaurants. In the May issue of *Restaurant Business*, Zehnder's was featured in an article on restaurant longevity. **John Zehnder, CEC, AAC,** (right) executive chef/food & beverage director at the restaurant, and **Robert Zehnder,** (left) the restaurant's kitchen operations manager, are members of ACF Flint/Saginaw Valley Chapter.

Ogrodowski

Joshua Ogrodowski, CC, a student at Johnson & Wales University, Providence, R.I., and a member of ACF Professional Chefs/Cooks Association of Rochester, received a $5,000 scholarship from Kraft Foodservice for placing second in the 2010 Chefs of Grey Poupon Student Culinary Competition held May 6 at Viking Cooking School and Culinary Shop, Glenview, Ill.

Roberts

Sarah Roberts, a student at Kendall College, Chicago, and a member of ACF Windy City Professional Culinarians Inc., took third place and received a $3,000 scholarship. **Brooke Maynard,** a student at The Culinary Institute of America, Hyde Park, N.Y., and a member of Mid Hudson Culinary Association, took fourth place and received a $2,000 scholarship.

Maynard

NCR WANTS TO HEAR FROM YOU

Have you or a colleague recently received an award or promotion? Send your news and high-resolution headshot to ncr@acfchefs.net.

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ACF CHEFS PLAY KEY PART IN NEW WHITE HOUSE INITIATIVE

More than 60 ACF members were among more than 600 chefs who gathered at the White House June 4 to kick off the latest initiative in Michelle Obama's Let's Move! campaign to end childhood obesity. The Chefs Move to Schools program, run through the U.S. Department of Agriculture and led by Sam Kass, White House assistant chef and the food initiative coordinator,

ACF chefs who are committed to using their skills and knowledge to help end childhood obesity represented 24 states, Washington, D.C., and Puerto Rico at the White House kickoff.

pairs chef volunteers with schools in their communities. Chefs will work with teachers, parents and school nutrition professionals and administrators to help educate students about food and nutrition.

"Today's event was truly the most exciting day of my career," said Michael Speranza, CEC, corporate chef at Custom Culinary, Inc. "Wandering the grounds at the White House and touring the vegetable garden was an absolute thrill and honor. I am so excited to bring the message back home and start working with the schools."

ACF, the National Restaurant Association and Share Our Strength will work together with chefs participating in a pilot launch of the program over the summer. Volunteers will begin working in schools in the fall, and ACF members will be among those helping to take the Chefs Move to Schools initiative across the U.S. For more information, and to volunteer, visit www.letsmove.gov.

U.S. ARMY EUROPE CULINARY ARTS TEAM NAMED INSTALLATION OF THE YEAR

Members of the 2010 U.S. Army Europe Culinary Arts Team at the U.S. Army Culinary Arts Competition in Fort Lee, Va., are, back row, left to right: SPC Calvin Parker, SSG Levy Robinson, SGT Kevin Auvil, SSG Stevie Bronson, SPC Matthew Hendriks, SSG William Dinuzzo, SGT Jesse Parker and SGT Ken Turman, a member of Old Dominion ACF Chapter, and front row, left to right: SGM Mark Warren, CEC, AAC, a member of Old Dominion ACF Chapter, team manager, SPC Holly Moss, PFC Antoinette Davison, Daniel Trawick, SPC William Pelkey and Peter Wetter, team advisor/coach.

The 2010 U.S. Army Europe Culinary Arts Team took home a total of 22 gold medals, nine silver medals and five bronze medals and the Installation of the Year award at the 35th U.S. Army Culinary Arts Competition, an ACF-sanctioned event that took place at Fort Lee, Va., Feb. 27-March 12. In addition, the team won group and individual awards, including the best cold-food exhibit in category E, best pastry live cooking in category P and Junior Chef of the Year award. The team received the highest combined score in recorded history of the competition.

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SUNCOAST CHEFS HELP RAISE FUNDS FOR SCHOLARSHIPS

Volunteers at the Ryan Wells Foundation "Evening with the Chefs" fundraiser, from left to right: Tod Hess, CEC, president, ACF Inc. Florida Suncoast Cooks Association; two culinary students from Northeast High School, St. Petersburg, Fla.; and Joe Erickson, CEC.

ACF Inc. Florida Suncoast Cooks Association members were among the featured chefs and volunteers at the Evening with the Chefs fundraiser, held at the Sheraton Sand Key Resort, Clearwater Beach, Fla., May 5. More than 350 people attended the event, which featured live entertainment, a silent and live auction, and the presentation of 2010 scholarships. The event raised $100,000 to benefit the Ryan Wells Foundation, which was established in 2005 in honor of Ryan Michael Wells to enable students to live out Ryan's dreams by pursuing careers in the culinary-arts and hospitality fields.

ACF FEATURED IN *F&B WORLD*

The American Culinary Federation was featured in the May/June issue of *F&B World*. In "What's Next In Culinary Education," writer Anna Sison-Soriano takes a look at the Center for Culinary Arts (CCA), Manila, Philippines, the country's pioneer professional culinary school, and highlights the school's program accreditation through the American Culinary Federation Education Foundation (ACFEF). The article also features Michael Ty, CEC, AAC, ACF national president, who was one of the three-member team at the school during a recent accreditation site visit. In addition to the Philippines, ACFEF has accredited programs in Bermuda, Peru and Switzerland.

CompetitiveEdge

Upcoming ACF-Approved Culinary Competitions

Visit the ACF Web site, www.acfchefs.org, for more information and updates.

August 19-21, 2010
ACF Chefs Las Vegas
Site: University of Nevada—Las Vegas
Chair: Dale (Shag) Shigenaga; dale.shigenaga@unlv.edu; (702) 895-3503
Categories: A-D, E2-4, K1, K4, K9, P1-2

August 23, 2010
ACF Professional Chefs of Houston
Site: Houston Country Club, Houston
Chair: Alex Darvishi, CEC, AAC; chefalexd@sbcglobal.net; (713) 465-8381, ext. 290
Categories: K1, 2, 5, 6, 9, SK1, 2, 9

September 12-14, 2010
ACF Central Florida Chapter
Site: Orange County Convention Center, Orlando, Fla.
Chair: Steven Jayson, CEC, AAC; steve.jayson@universalorlando.com; (407) 363-8496; www.acfcfc.org
Categories: ST2—Florida State Student Team Championship, W—Wildcard—Individual Signature Recipes; Team Signature Meal; Individual, Professional Showpiece; Individual, Student Decorated Cake.

January 14-16, 2011
ACF Fox Valley Chapter
Site: Madison College, Madison, Wis.
Chair: John G. Johnson, CEC, CCE; jgjohnson@madison.edu; (608) 246-6707
Categories: A-C, E1, F1, 2, ST2—Student Team State Competition, K1-9, P1, 2

ACF Midlands Chapter held its first ACF practical exam at Culinary Institute at Carolina, University of South Carolina (USC), Columbia, May 15. Pictured, left to right: Michael A. Kester, CEC, CCA, AAC, lead ACE evaluator; Ron Andrews, CEC, ACE, president, ACF Chefs of the Low Country; Julian Pernell, CEC, CCE, chef-instructor, USC; Edmund Chinners, CEC, CCA; Wolfgang Bierer, CMPC, CEC, CCE, AAC; and Thorir Erlingsson, director, Culinary & Wine Institute, USC.

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IN MEMORIAM

We mourn the passing of our fellow culinarians, who meant so much to the industry and to the American Culinary Federation.

Geneva J. Allard
ACF Chicago Chefs of Cuisine Inc.

William J. Compton
ACF Chefs de Cuisine Society of Oregon

Deanna L. Freeman
ACF Susquehanna Valley Chefs Association

Cliford C. Giovannucci
Massachusetts Culinary Association

John M. Jeffery Sr.
ACF National Chapter

Robert L. Kempton, AAC
ACF Chefs de Cuisine Society of Oregon

Gary D. Kipp
Massachusetts Culinary Association

Werner F. Vogeli, CEC, AAC
Texas Chefs Association

Robert G. Werth, CEC, CCE, AAC
ACF Western North Carolina Culinary Association

FLORIDA HIGH SCHOOL STUDENTS COOK FOR NEEDY

Student volunteers from Eustis High School, Eustis, Fla., serve food to people in need at Christian Care Center, Leesburg, Fla., May 2.

Members of ACF Gulf to Lakes Chefs & Cooks Association, Inc., students from Eustis High School's (EHS) culinary program, Eustis, Fla., EHS's Junior ROTC program and families and friends came together May 2 to give back to local people in need. Volunteers prepared meals for guests at Christian Care Center, Leesburg, Fla., which is home to a drug rehabilitation facility for men and a women's care center, and provides housing for families in need.

Honor Society of the American Culinary Federation

AAC NEWS FROM ACF HIGH SIERRA CHEFS ASSOCIATION

By Joe Eidem, CEC, ACE, AAC, president, ACF High Sierra Chefs Association

ACF High Sierra Chefs Association presented the Top Chefs Registry at an American Academy of Chefs dinner May 13 in the Grand Showroom at the Grand Sierra Resort and Casino, Reno, Nev. When the doors opened at 6 p.m., several ice bars were on display with "ACF" carved in ice as the stands. Guests enjoyed hosted martini bars and bars serving wine and champagne. At 7 p.m., the music began, the red curtains opened and tables appeared on the stage, which was set for a formal dinner. Then, as the hydraulic floor rose, the top chefs of the Sierra Nevada came into view, including our special guest, Chef Charlie Palmer. What a spectacular sight.

The dinner was designed and prepared by Jerry Ignatich, Grand Sierra executive chef, Gary Astemborski, assistant executive chef, and their talented culinary staff. A special presentation was given to Andrew Jackson, ACF High Sierra Chefs Association junior member chair. The chapter gave him a full scholarship to attend the 2010 ACF National Convention in Anaheim, Calif. AAC Chair Thomas Macrina, CEC, CCA, HGT, AAC, presented him with two tickets to the AAC dinner in Anaheim. From the reception to the grand entrance of the top chefs to the food, this was a historic event for ACF High Sierra Chefs Association.

May 14, AAC Vice Chair Stafford DeCambra, CEC, CCE, CCA, AAC, chapter member Justin Bart and I prepared more than 800 servings for Napa's Backyard, an event to benefit Care Chest of Northern Nevada held at the Grand Sierra Resort. We prepared a Chardonnay Poached Pear, Apricot and Date Compote. Out of 35 participating restaurants, our appetizer was one of the hits with the 1,200-1,500 attendees. We appreciate Chef Stafford's willingness to volunteer his time and skills to assist our chapter and our local charity.

May 15, I represented our chapter at the Carson Valley Medical Center Foundation fundraiser at the Genoa Lakes Golf Club & Resort in Reno that attracted more than 200 attendees. Our dinner for eight brought in more than $1,000 during the auction. David Goodwin, CEC, CCA, AAC, Chef Bart and I will prepare the dinner in the buyer's home.

Justin Bart, left, and Stafford DeCambra man the ACF High Sierra Chefs Association station at Napa's Backyard.

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The Peacekeeper

By Kay Orde

Hoffstadt

It's fitting that Harry Hoffstadt, CEC, AAC, HOF, was the first recipient of the American Academy of Chefs Lawrence A. Conti Chair's Achievement Award, because the two go way back. Hoffstadt received the inaugural award at the 2009 ACF National Convention AAC Dinner in Orlando, Fla., in July 2009. A year later, he still remembers how proud he felt going up on stage to receive it.

"I have lots of medals, but my most important medal is the Larry Conti medal—which I call the peacemaker's medal," Hoffstadt says.

The award was established in honor of Lawrence Conti, CEC, AAC, HOF, past chair and vice chair of the AAC, and is given to a Fellow of the Academy dedicated to the Academy and the culinary profession. Conti's leadership, integrity and concern for members and their careers is legendary. Hoffstadt experienced those attributes firsthand.

In Chicago, Conti was known for keeping the peace among ACF members, he says. "They were all fighting. So I asked Larry, 'What do we do here?' And he made peace among them, and they became the best of friends. I learned from Larry Conti how to keep the peace."

Hoffstadt, who has more than 65 years in foodservice, discovered his life's work growing up in Switzerland where his working parents had no time to cook. When his grandmothers were no longer able to prepare the family meals, he took over, because, he says, "Someone in the family had to, and it was me."

He began his culinary training at 15, and graduated from the Hotel Business School Monita in Lucerne, Switzerland, in 1954. Coming to the U.S., he made his way to Chicago. His first job was with past ACF National President John Bandera, CEC, AAC, HOF, before he moved on to the city's Standard Club. From there, he became one of five staff members hired by the MM Club, where he took the position of sous chef. He has been the executive chef at many properties in the U.S. and Europe, including one that earned five stars in the Mobil Travel Guide. Hoffstadt, who will turn 82 on July 30, retired as executive chef/director of food services at A.B. Dick Co., Chicago, in 1992, after 18 years of service.

Today he lives in Niles, Ill., in the home he shared for many years with his wife Adelle, who died four years ago. "I worked hard," Hoffstadt says, "but I never would have achieved what I did without her."

In retirement, he's still active. In addition to visiting family and friends in Switzerland each year, Hoffstadt continues his history of helping—from past culinary Olympic teams to whoever is currently president of his chapter, ACF Chicago Chefs of Cuisine Inc. He joined the chapter in 1958 and served four terms as president, as well as being a member of the board of directors and contributing to many committees. Currently, he is the historian for the Chicago Culinary Museum and Chefs Hall of Fame.

Hoffstadt has been a member of the AAC since 1977, and served as secretary/treasurer from 1989 to 1993, when Conti was chair. He was inducted into the AAC Hall of Fame in 2002. He joined Les Amis d'Escoffier Society of Chicago in 1972, and as chairman from 1982 to 1999, he wrote the dinner rules for the society. These rules, with Conti's help, were adopted for the AAC dinners, another example of Hoffstadt and Conti working as a team. Hoffstadt is also a longtime member of the International Food Service Executives Association, the Honorable Order of the Golden Toque and the Catering Executive Club of America.

As ACF Central Region vice president, he coordinated the 1983 tryouts for the 1984 ACF Culinary National Team USA. But he says one of the most important jobs of a regional vice president is to help chapters be strong and vital forces in their communities by uniting the membership. "They must help solve problems the chapters are having among their members," he says. "These are all good people. Let's live together in peace."

And for a chapter president, he says, there's an even bigger task. "It's the responsibility of a president to create peace. Why do we need war? We need to stick together."

Sticking together was what chefs used to do, Hoffstadt says, and he'd like to see it come back into fashion. "We all worked together, and we shared. I remember a spinach dish I used to make that a chef at another property admired. So, one day, when I finished work, I went over there and showed him how to do it. We all used to work together. And we helped each other."

It's a lesson Hoffstadt hopes the younger generation will learn from their elders, but he cautions that young people coming into the profession right out of culinary school must learn to look beyond the glamour of chefs on TV. And he recommends that they follow in the footsteps of the older generation of chefs who gained their knowledge and expertise in apprenticeship programs. "But whatever path they take, what matters is that they come to understand what it takes to earn that title of 'chef,'" he says.

"Then, my advice would be to go into this profession. You will have a bright, good life and incredible experiences. The opportunities out there are unbelievable, and if you're lucky, you'll find a way of life you'll never regret."

Hoffstadt has no regrets. "It was a wonderful life," he says. "I made good money and had good bosses. It was the best decision I ever made, and if I had to do it again, I would do exactly the same."

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Certification: The Significance of the Journey

By Kirk T. Bachmann, CEC®, M.Ed.

Farley Kaiser teaches a class at Le Cordon Bleu College of Culinary Arts in Minneapolis/St. Paul.

It was Ernest Hemingway who said, "It is good to have an end to journey toward; but it is the journey that matters, in the end." This quote is never truer than when discussing one chef's journey toward ACF certification.

Farley Kaiser, CCC®, culinary arts department chair at Le Cordon Bleu College of Culinary Arts in Minneapolis/St. Paul, Mendota Heights, Minn., who began working in a small, family owned restaurant as a high school student, set her sights on a career in the culinary industry at an early age. Her journey toward certification began in 2006, when she accepted the challenge to solidify her talents through the ACF certification process. She was so nervous about the practical exam that she didn't even tell her family about her intentions to seek chef de cuisine certification until she achieved her goal.

From Kaiser's perspective, the ACF certification process was a journey that included numerous intrinsic benefits. Investing time and energy in personal and professional development is historically a well-respected endeavor throughout academia, and culinary education is no different. ACF, through its certification process, provides a great opportunity to culinarians everywhere to highlight their skills and take pride in their accomplishments. While Kaiser describes the certification process as "shaky scary," she leveraged much assistance and support during her journey from colleagues and students alike.

She likes to joke that "Le Cordon Bleu pays me *not* to teach pastry classes," thus, her love of the culinary arts is always on display. As an educator, she insisted on having students assist her in preparation for both the written and practical portions of the certification process. "Such lessons cannot be taught in a standard classroom setting," she says, so the opportunity for her students to engage in the process and to witness the efforts necessary to achieve personal and professional goals was invaluable.

In spite of the blizzard that accompanied her trek to the test site, she arrived on time for the practical exam. She immediately noticed that she was the only woman testing, and the fact that three of her male colleagues were also attempting the practical exam only added to the already building anxiety.

Kaiser recalls thinking that she was within three hours of either success or failure. While she was comforted by the fact that she successfully passed the written exam, the stress of the practical exam wasn't quite as "fun" as she had envisioned. But even after her *espagnole* sauce spilled all over the workstation, she remained focused and committed to her goal. Fortunately, this was after the successful poultry fabrication for her chicken Bercy. In fact, looking back, she attributes part of her success that evening to the total cleanup she completed of her workstation. She recovered nicely from the *espagnole* spill, with some minor embarrassment and little time lost.

In the end, she proved that it was, in fact, the journey that mattered. From that point on in her certification journey, Kaiser worked neater and cleaner than ever before, always careful not to have another spill or let her nerves get the better of her.

Having successfully achieved certification, she is a proud member of the ACF family of certified chefs, displaying her CCC® certification proudly and with respect. Kaiser eventually shared her success with her family, and she says being able to explain this journey to her daughter one day made her every nervous moment priceless.

Kirk T. Bachmann, CEC®, M.Ed., is vice president of academic affairs for Le Cordon Bleu Schools in North America and a member of the ACF Certification Commission.

ACF CERTIFICATION ON THE HIGH SEAS

In 2007, Royal Caribbean International launched an ACF certification program aboard its global fleet of 21 cruise ships. The program continues to grow, and more than 30 ACF Approved Certification Evaluators (ACE) have had the pleasure of evaluating a truly talented group of culinarians.

Royal Caribbean's culinary trainers, Craig Cornick, CEC, and Joachim Obermeier, CEC, guide the certification program and overcome the unique challenges that onboard certification presents. Candidates study for exams between ports, often after working 10-12 hours a day, seven days a week.

Royal Caribbean Director of Culinary Operations Josef Jungwirth, CEC, CCA, believes that certification is an essential tool in meeting the company's philosophy. "As we strive to exceed standards and provide competitive recruiting and retention, certification offers a valuable succession plan for cooks and chefs," he says.

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Apprenticeship Pilot Sites

By Nick Weber

Beginning in fall 2009, the American Culinary Federation Education Foundation (ACFEF) Apprenticeship Program started the process of updating itself. This process has involved many facets, but none more important than the Pilot Site program.

The Pilot Site program consists of four separate apprenticeship programs from across the nation that have agreed to host the launch and testing of new initiatives made possible through the funding of the U.S. Department of Labor (USDOL) grant. (The USDOL awarded ACFEF a grant in the amount of $481,200 Aug. 5, 2009, for the ACFEF Apprenticeship Program to advance the growing needs of apprenticeship in the 21st century.) These pilot sites will make it possible for the ACFEF to test and ensure quality and pertinence within its new initiatives before launching them in full.

The four pilot sites that have agreed to assist the ACFEF in this manner are representative of the four ACF regions. The Southeast region is represented by Indian River State College, Fort Pierce, Fla., and John "Jack" Fredricks, program coordinator. The Northeast region is represented by Westmoreland County Community College, Youngwood, Pa., and Mary Zappone, CCE, AAC, program coordinator. The Central Region is represented by Johnson County Community College, Overland Park, Kan., and Lindy Robinson, program coordinator. The Western region is represented by Keystone Resort, Keystone, Colo., and Kevin Clarke, CCE, program coordinator. The pilot sites were chosen to display a realistic demographic and geographic picture of apprenticeship as a whole.

These four pilot sites will be the first apprenticeship programs to use the new Online Learning Portal. The portal is not only an online version of the logbook and ledger for apprentices; it is an online resource library and communication tool for chefs and apprentices alike. The portal will create a much more efficient and accurate experience for all involved.

Along with the portal, the pilot sites will also be the first programs to use the newly updated and approved 2010 logbook. The biggest change to the new version of the logbook is the addition of a "Sustainability" competency section to each station. These competencies were created using the ACFEF's sustainability mission statement: The ACFEF Apprenticeship Program fosters awareness of sustainability issues impacting the culinary industry, including energy, water, purchasing and waste. These sustainability initiatives must exist in an environment of quality and fiscal responsibility.

These competencies will be supported entirely by the online portal's document library. Apprentices and chefs will have multiple resources related to sustainability at their fingertips.

Through the USDOL grant, the ACFEF has pioneered a new type of apprenticeship, called "Hybrid," which will be offered for the first time by the pilot sites. The Hybrid type of apprenticeship will allow apprentices who are more advanced to accelerate their pace of learning, while simultaneously allowing apprentices in need of more instruction the opportunity to receive the assistance they require. The Hybrid type of apprenticeship will also offer interim credentials. These credentials will afford apprentices proof of training in a progressive manner throughout their apprenticeship, as opposed to being forced to wait until overall program completion to prove training in any individual area. Lastly, the pilot sites will be responsible for gathering data and statistics regarding the new initiatives to help the ACFEF and the USDOL assure that the new programs are as effective as possible.

These four pilot sites, Indian River State College, Westmoreland County Community College, Johnson County Community College and Keystone Resort, will serve as our pilot sites for the remainder of 2010 and 2011. During this time, the ACFEF will work closely with them to ensure they are being properly supported. Without the diligence, commitment and, most importantly, expertise of these pilot sites and their staffs, none of these new initiatives would be possible. With the help of these four pilot sites, ACFEF apprenticeship will be brought to the forefront of innovative education and training.

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Team Practice

By Michelle Whitfield

ACF Culinary National Team USA 2012 had its first practice session June 7-9 at Johnson & Wales University (JWU) in Charlotte, N.C. The assignment was cold-food exhibition, and each team member had two or three dishes and/or platters to prepare, based on the requirements and guidelines for the Culinary World Cup. The national team will compete at the Culinary World Cup in Luxembourg in November.

Team members arrived early Monday morning at Charlotte Douglas International Airport with boxes of equipment and supplies. Geoffrey Blount, CEPC, executive pastry chef at Central Piedmont Community College in Charlotte, and Kimberly Stoll, a student at the school, helped transfer team members to JWU. There, Mark Allison, dean of culinary education, and Ashley McGee, CEC, educator, were on hand to ensure that all went smoothly.

Team manager Steve Jilleba, CMC, CCE, AAC, thanked the new national team members for their passion and dedication to the team. "Welcome to the beginning of an unforgettable journey," he said.

Also at the practice session were team advisor Keith Keogh, CEC, AAC, and coaches Joachim Buchner, CMC, Patricia Nash and Gilles Renusson. George Gonzalez, a finalist in the national team tryouts, travelled at his own expense to the practice session to assist and to learn from team members.

Joseph Leonardi, left, and Ben Grupe work on cold food during the national team's first practice session.

The team quickly got to work preparing the dishes and platters that would be displayed and critiqued the following day. The kitchen was bustling, and team members worked with intensity and precision, staying focused on the job at hand.

That evening, Keogh gave a presentation of his experiences on ACF Culinary Team USA in 1992 and 1996. His advice for this new generation of team members was to rediscover old techniques and use ingredients from the same regional area. "And I can't stress too much the importance of teamwork," he said. "Also, remember that you represent each and every chef in the U.S. in competition."

The following morning, team members were back in the kitchen to finish their dishes. Then, each chef presented one of his assignments, followed by comments from Buchner, Jilleba and Keogh. Team members listened intently to the information given and advice offered. When it was time to present their second dish or platter, they were critiquing their own work. The second day concluded with practice in hot food—an appetizer and a main dish.

Early Wednesday morning, the team met to review what they had learned over the past two days and to discuss the path forward. The next practice session is scheduled for July 19-21 at JWU in Providence, R.I.

George Gonzales, left, watches Ben Grupe and Eddie Tancredi at work.

ACF Culinary Team USA

Timothy Bucci, CEC, CCE, CHE

R. Andrew "Andy" Chlebana II, CEPC, CCA

Anthony "Ben" Grupe

Joseph Leonardi, CEC

Timothy Prefontaine, CEC

J. Kevin Storm, CEC, CCA, AAC

Eddie Tancredi

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Chef Outreach to the Community

Come to town early and support the Chef & Child Foundation as it spearheads a **community education project**. Start the day with a welcome reception at the Anaheim Marriott, and then head out with your fellow chefs to lead nutrition-education activities for the local Anaheim community. To participate, register by July 15 at www.acfchefs.org or with Michelle Whitfield at (904) 484-0202.

Think Outside the Booth

Connect with some of the biggest names in the culinary industry Aug. 3-4 at the Anaheim Convention Center. In addition to the hundreds of exhibitors who will be on hand, the **trade show** offers other exciting activities.

Regional champions vie for U.S.A's Chef of the Year™, Pastry Chef of the Year and Student Chef of the Year titles; regional Student Team champions compete for the Student Team National Championship; and the Baron H. Galand Culinary Knowledge Bowl national title is up for grabs.

Bragging rights are on the line during the ACF National Championship featuring the **Freedom Chef Challenge**. Two-man teams from the Army, Navy, Air Force, Marine Corps and Coast Guard test their mettle in a unique head-to-head competition that promises to display the pride, honor and culinary skills of our U.S. Armed Forces.

Equipment Alley offers the latest displays by Irinox, Hobart, Eloma, Cooper Cooler and others. **Sustainability Showplace** presents invaluable information on energy conservation and other environmental best practices.

Stop by the **Wellness Pavilion** for a chair massage, or belly up to the oxygen bar. Take time out of your busy schedule to have your blood pressure checked, or take advantage of other health screenings.

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2010 ACF NATIONAL CONVENTION

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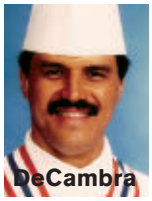
Choy

Poon

Durkin

Jilleba


DeCambra

Roman

Education is Key

Featured presenters include **Sam Choy,** owner of Sam Choy's Kaloko in Kailua-Kona, Hawaii, and **Joseph Poon,** owner of Joseph Poon Chef Kitchen, Philadelphia. Splenda® presents Nutritionally Savvy Sweets by **Chad Durkin;** Custom Culinary, Inc. and Monterey Bay Aquarium team up to offer a demo illustrating the values of **sustainable seafood** practices, presented by **Rick Moonen;** and **Steve Jilleba, CMC, CCE, AAC,** presents the newest edition of Unilever Foodsolutions' Savoring the Best of World Flavors: Greece and Japan.

Stafford DeCambra, CEC, CCE, CCA, AAC, shares his insight and artistry on International Competition Preparation and Execution on the trade-show floor's Main Stage. And **Mike Roman,** founder/president of *Catersource*, Demystifies Catering Pricing Strategies.

Let's Get Social

California Dreamin' Icebreaker Reception—Hang 10 with your colleagues as the 2010 convention kicks off Pacific Coast style. Enjoy live entertainment and a culinary-product showcase Sunday, Aug. 1, 5:30-7:30 p.m.

A **progressive dine-around tour,** hosted by ACF Orange Empire Chefs & Professional Cooks Association, begins at 6:30 p.m. Taste a variety of cuisines, beginning at the Anaheim Marriott. Transportation is provided. Cost is $40 per person. To register, contact Vincent Paris, CCE, AAC, at (714) 979-9954 or chf_cherub_oeca@msn.com.

Rockin' with Team USA takes place Monday, Aug. 2, 6:30-8 p.m. The "culinary Olympics" will be here before you know it, and here's your chance to meet and mingle with the chefs who will represent the United States: ACF Culinary Team USA.

All-American influences abound, from the menu to the entertainment.

The **President's Grand Ball,** Thursday, Aug. 5, is the place to be for announcements of national winners for Baron H. Galand Culinary Knowledge Bowl, Student Team National Championship and Freedom Chef Challenge. Student Chef, Chef Educator, Pastry Chef and Chef of the Year national winners will be named.

Head 'em up and move 'em out to the Texas Two-Step post-party immediately following the Grand Ball. This will be the official kickoff to the **2011 ACF National Convention,** which will be at the Gaylord Texan, Dallas.

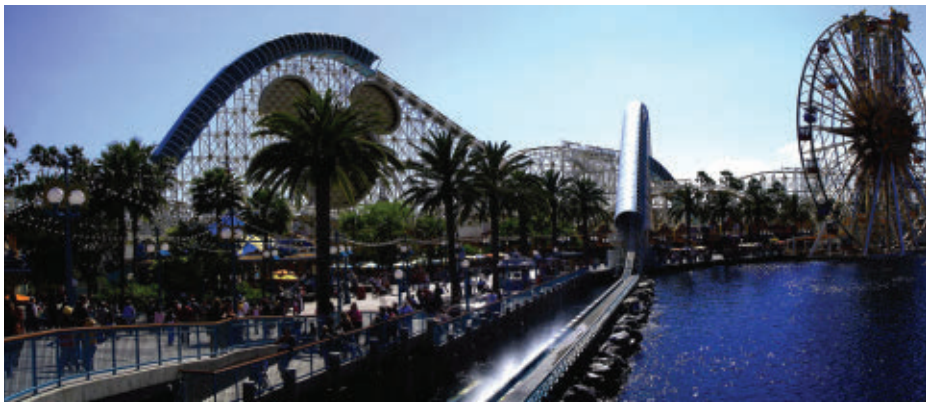
Senior Chefs gather for a meeting and brunch, Wednesday, Aug. 4, 10:15-11:15 a.m., in Grand K.

REGISTER ONLINE AT WWW.ACFCHEFS.ORG

2010 ACF NATIONAL CONVENTION

August 2-5 | Anaheim Marriott

TRADE SHOW AUGUST 3 & 4 | ANAHEIM CONVENTION CENTER



Family Affair

Anaheim is a popular family destination, and there are plenty of activities for everyone. The AAC has coordinated an outing for spouses/significant others (must be 18 years old or older) to be part of a studio audience for a taping of **"The Price Is Right"** at CBS Studios, Monday, Aug. 2. The AAC spouses' brunch is Wednesday, Aug. 4.

ACF Orange Empire Chefs & Professional Cooks Association is offering a day at **Balboa Beach, Newport Beach, Calif.,** for spouses and friends Tuesday, Aug. 3, 11 a.m.-3 p.m. Cost is $35 per person (includes lunch). Transportation is provided. To register, contact Sarah Daiello Fonseca at (951) 237-2611 or support@iechefs.org.

And no trip to Anaheim would be complete without a visit to Disneyland. ACF is offering specially discounted Twilight Tickets to convention attendees. These tickets are good Wednesday, Aug. 4, after 4 p.m. They are valid for a single visit to either **Disneyland or California Adventure,** and can be purchased through the ACF national office. Price is $21 each until July 21, then $31 each after that. Complete details are available online, or contact Events Management at (800) 624-9458.

Honor Society of the American Culinary Federation

American Academy of Chefs

The **1st Annual Chefs Golf Classic,** hosted by the American Academy of Chefs, is Monday, Aug. 2, at Anaheim Hills. Fee is $50. Register at www.acfchefs.org by July 15. For more information, call Michelle Whitfield at (904) 484-0202 or Paul O'Toole at (610) 248-4790.

The **39th Annual Induction Dinner** is Tuesday, Aug. 3, at the Anaheim Marriott. Reception starts at 7 p.m. Seating is limited, and reservations must be made by July 15. Contact Michelle Whitfield at (904) 484-0202.

REGISTER ONLINE AT WWW.ACFCHEFS.ORG

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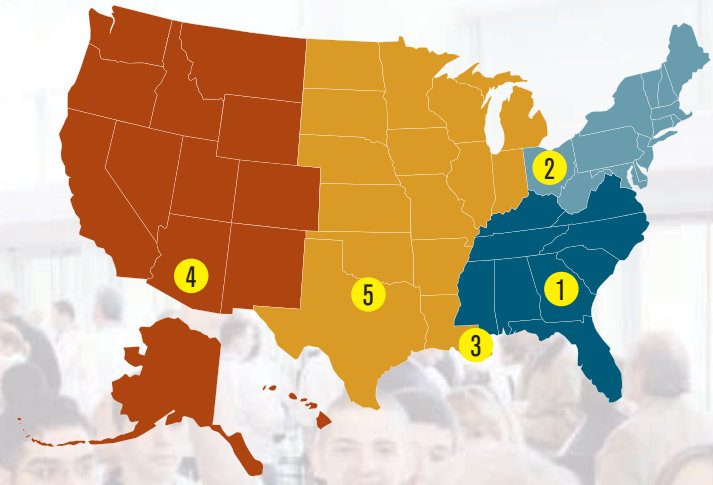

1 SOUTHEAST REGIONAL CONFERENCE
FEBRUARY 19-21 | Hilton Atlanta | Atlanta | Trade Show — February 19

2 NORTHEAST REGIONAL CONFERENCE
MARCH 21 – 23 | Columbus Renaissance | Columbus, Ohio | Trade Show — March 22

3 CENTRAL REGIONAL CONFERENCE
APRIL 18 – 20 | Hilton New Orleans Riverside | New Orleans | Trade Show — April 19

4 WESTERN REGIONAL CONFERENCE
APRIL 30 – MAY 2 | Talking Stick Resort | Scottsdale, Ariz. | Trade Show — April 30

5 NATIONAL CONVENTION
JULY 23 – 26 | Gaylord Texan | Dallas | Trade Show — July 24-25

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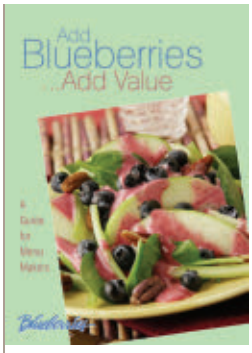
HORS D'OEUVRES Dreamers Gourmet, an owner-operated company, offers high-quality handcrafted hors d'oeuvres for the catering industry. Products are designed and produced to provide a pleasing visual appearance and exceptional taste. For more information, call (888) 448-0044 or contact sales@dreamersgourmet.com.



BLUEBERRIES "Add Blueberries . . . Add Value: A Guide for Menu Makers" is a handy CD-ROM from the U.S. Highbush Blueberry Council that contains information about purchasing/storing/using blueberries and ways to promote blueberry menu items. For a free copy, send an e-mail with name/title/business mailing address/phone number to Danielle@lewis-neale.com. For more information, call (916) 983-0111 or visit www.blueberry.org.

GRIDDLE The GTS12 Clamshell Griddle top from Vulcan is double-sided to increase service speed. High-efficiency heating elements support high-volume production while saving energy. Nonstick surface is easy to clean/maintain. Includes embedded thermostat. For more information, call (800) 814-2028 or visit www.vulcanequipment.com.

DESSERTS Sweet Street Desserts announces four new products: Chocolate Brownie Stack, with chocolate pudding, cake chunks, ganache and chocolate curls; Cherry Cheesecake, latest in the gourmet-dessert line; Turtle Molten Bundt, topped with pecans and filled with caramel; and Pina Colada Cake, with pineapple and coconut. For more information, call (610) 921-8113 or visit www.sweetstreet.com.

KING & PRINCE King & Prince Seafood introduces Mrs. Friday's Crab Sensations: King Crab Meat, Breaded Ring & Tentacle Calamari, Junior Krabbycakes® and Seafood Inspirations. Available in 6-oz.-portion packs. For more information, call (800) 564-1557 or visit www.kpseafood.com.

MAPLE LEAF FARMS Maple Leaf Farms fully cooked Duck Leg Florentine is tenderized boneless duck leg filled with spinach/Parmesan and oven-roasted. Serve on buffets, at banquets and for catering. For more information, call (800) 382-5546 or (800) 348-2812 or visit www.mapleleaffarms.com.

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